

Control of headaches, insomnia, tension

Biofeedback methods taught

By Lynne Locke

Through biofeedback instruments West End residents are learning to use their minds to control headaches and insomnia and reduce pain and tension.

Until recently Western scientists believed people could not control such physiological functions as blood pressure, muscle tension, brain waves or skin temperature.

But the success of biofeedback training "raises questions about the Western division between the body and the mind," commented Nancy Furst, biofeedback department supervisor at Voorman Psychiatric Medical Clinic, Upland.

She said scientists have known that physical problems such as

headaches could be caused by the mind. But the idea of curing physical symptoms through the mind is new to scientists, noted Mrs. Furst.

Tension is the most common problem causing people to seek help through biofeedback. With the use of instruments measuring muscle tension, Mrs. Furst teaches patients to relax.

Within 10 45-minute sessions most people can learn to relax their muscles at will. Then they can control tension headaches, stiff necks and "nervous stomach," which are caused by muscle tension.

People who suffer migraine headaches are taught how to raise the temperature of their hands, she

said. High temperature indicates expanded blood vessels so blood can flow easily throughout the body. Constricted blood vessels are thought to cause migraine headaches.

Biofeedback "isn't little black boxes doing something to people," said Mrs. Furst. By watching the dials that show their muscles are relaxed, people can learn how it feels. Then they can repeat the movement when they want to, she said.

"It's like learning to throw darts," said Mrs. Furst. "You try it, and as you see the results of your throws, you adjust your aim. Little by little you learn to throw a bull's eye."

"Watching your arm movements and seeing where you hit the target are forms of feedback," she said.

"With our instruments, you can 'see' the level of your blood pressure and muscle tension and can learn to control them in the same way."

Biofeedback also is used in counseling to help a patient relax. When clients learn to relax through biofeedback also is used in counseling to help a patient relax.

When clients learn to relax through biofeedback, they often become aware of hidden feelings, Mrs. Furst commented. "In this way biofeedback can really speed up the psychotherapeutic process."

Biofeedback instruments also are used to help stroke victims rehabilitate muscles. The instruments measure very slight muscle movements so the patients

can see progress is being made even though he or she cannot yet move the arm or leg, Mrs. Furst noted.

In a typical training session, small sensing devices are taped to the skin. The information picked up by the devices is amplified into sounds that show different stages of relaxation or different levels of blood pressure.

People are encouraged to practice at home after a few sessions in the clinic. Mrs. Furst said they become more aware of their bodies and can relax when they realize they are becoming tense.

People increase their self-confidence through biofeedback training, Mrs. Furst said. People especially learn they can control on aspect of their lives and begin to have confidence they can control other aspects.

She said younger or more flexible people tend to do better with biofeedback because people can't learn it unless they really want to. "Rigid people say, 'That can't work. I can't do it,'" she said.

Children don't seem to do as well as adults because they have short attention spans. Mrs. Furst said some clinics have been successful with children by hooking the biofeedback instruments to trains. Instead of watching dials or listening to noises, the child patients learn to run trains by relaxing their muscles or raising their skin temperature.

The Voorman Clinic gives free biofeedback demonstrations for individuals or groups.



BIOFEEDBACK TRAINING — Nancy Furst, biofeedback department supervisor at the Voorman Psychiatric Medical Clinic, Upland attaches electromyograph to the head of Debbi Claudy of Upland to measure muscle tension. Biofeedback techniques help in control of headaches, insomnia, pain and tension. (Photo by Lynne Locke)

News Briefs

Chamber membership breakfast

The Upland Chamber of Commerce membership breakfast will feature a film, "America's Future: Our Critical Choices," 7:30 a.m. Sept. 25 at the Miramonte room, Uplander Motor Hotel.

Museum program

The Chaffey Communities Cultural Center Museum will present a family program featuring Old Baldy Shriners Club animals 3 p.m. Sunday. The program also will include a young guitarist, Cindy Wilson, and ice cream. 50 cents per dish, made by "Oldtimer" Jack Atwood. The museum, 525 W. 18th St., Upland, will be open at 1 p.m. for visitors to view new museum displays. The museum is raising funds to enlarge exhibit space and to create an outdoor sculpture garden to display out-dated farm equipment. Regular museum hours are 1-4 p.m. Monday, Wednesday and Saturday.

Congressmobile in Upland

Rep. Jim Lloyd's staff and congressmobile will visit Upland 10 a.m.-4 p.m. Monday at City Hall, 455 N. Euclid Ave. Residents can meet with Lloyd's staff to discuss problems with federal government and opinions on national policy.

DMV open house

The new Department of Motor Vehicles (DMV) facility, 222 S. Mountain Ave., Upland, will hold open house 10 a.m. Wednesday. Visitors will meet DMV staff and take a guided tour of the new building.

Olive processing demonstration

Methods for processing olives will be demonstrated 10 a.m.-1 p.m. Sept. 25 at the Upland Lumber living center, 85 N. Euclid Ave., Upland. Dr. George K. York, food technologist for University of California Extension, Davis, will give directions for pickling and canning olives and will demonstrate methods for curing different types of olives. The free demonstration is open to local residents.

Casa Alegre brunch

Casa Alegre will hold a membership brunch 9:30 a.m. Wednesday at the home of Beverly Omlid, 166 N. First Ave., Upland. Casa Alegre supports the Children's Home Society which counsels unwed parents and finds homes for foster and adopted children.

Testing seminar

Chaffey Union High School District Board of Trustees will hold a seminar on district testing results 7 p.m. Monday at the district office, 211 W. Fifth St., Ontario. The seminar is open to the public.

Constitution Week

Upland Mayor Abner Haldeman has proclaimed Sept. 17-23 as Constitution Week to promote appreciation of "the rugged Constitution as the rock upon which our nation's way of life and freedom has been based." He called upon residents to participate in public programs commemorating the Constitution, to reread the Constitution and to fly the U.S. flag during the week. The 188th anniversary of the Constitution was Wednesday.

Bicentennial photography contest

Oct. 1 is the deadline for local teenagers to enter photographs in the Inland Library System Bicentennial photography contest. Contestants are limited to three color and three black and white entries. Contest theme, "Capture the Spirit," includes the past, present and future of the United States. For contest rules call Upland Library, 982-1561.

Chaffey College auditions

Auditions for the fall quarter production of "Rosencrantz and Guildenstern Are Dead" will be held in the Chaffey College little theater 3-5 p.m. and 7-9 p.m. Monday. Performances are slated for Nov. 7-8 and 14-15. C.A. Shepard of the Theater Arts Department will direct the play.

Tom Stoppard's existential comedy was described by the "New York Post" as "very funny, very brilliant, very chilling; it has the dust of thought about it and the particles glitter excitingly in the theatrical air." The play was honored with the Tony Award and the Critics Circle Award.

Music clinic benefit

The first annual benefit for the West End Youth Music Clinic will be held 4-8 p.m. Sunday at Griswold's Pavilion Room, Indian Hill and Foothill Boulevards, Claremont.

Tickets will be available at the door. For more information, call Ray Green, 983-4424 or Martha Oswalt and Nancy Rowe at the Western Title Insurance Company, 981-2814.

Officials to act on center's problems

Upland city officials have been directed to take action to reduce noise and traffic problems in the Upland Village shopping center and Builders Emporium shops on Foothill Boulevard.

The City Council recently voted to give such authority to city officials upon the recommendation of the Planning Commission.

On Aug. 28, the commission declared that a nuisance exists in the area, especially in the alley and parking area at the rear, which are next to a residential area.

"The city has a responsibility to protect residential property owners from nuisances caused in part by use of adjacent commercial property," the resolution said.

Commissioner John Meyer asked during debate on the resolution whether the noise and traffic problems could be resolved without governmental intervention.

Commissioner Frank J. Carpenter replied that such an approach hasn't been effective and that the resolution was necessary.

During a brief council discussion of the resolution, Councilwoman Ina Petokas suggested that future shopping centers should be built so that parking would be located outside the center, as in the Montclair Plaza, rather than within the center.

This, she said, would eliminate traffic problems associated with shopping centers.

The resolution does not specify

measures to be taken by the city to reduce noise and traffic problems, but it does suggest four possible actions:

—Installation of a chain barrier or speed bumps to cut traffic in the alley at the rear of the shopping center.

—Extension of the block wall at the rear to include the entire center.

—Raising the height of the block wall.

—Muffling air-conditioning units and other mechanical equipment in the center to lower noise levels in the adjacent neighborhood.

The problems were discussed at length by planning commissioners June 26 and July 24 as they considered a conditional-use permit for a beer-and-wine tavern in the shopping center. (The commissioners denied the permit July 24.)

Several residents told the commission the tavern should not be located in the center because of the predominantly residential neighborhood to the north. They also said the tavern would add to noise and traffic problems.

The commissioners received a 308-signature petition against issuance of the permit.

After they decided to deny the permit, commissioners instructed Planning Director Rod Anderson to draft a resolution which would call the city council's attention to the problems.

Upland TAA to hold Mexican-style dinner

The Town Affiliation Association (TAA), which coordinates relations with Upland's sister cities, will hold a Mexican-style dine-a-dip dinner 4 p.m. Sunday at the home of Jack and Trudi Frost. Members will provide food with members and guests enjoying dinner at "a dime a dip." For information call 982-4563 or 987-7366. Upland's sister cities are

Mildura, Australia and Caborca, Mexico.

TAA is collecting rummage for a booth at the Upland Chamber of Commerce Flea Market Oct. 5. Items can be brought to the dine-a-dip dinner or delivered to the home of Bea and Rod Anderson. The booth also will include a sister city display.



SUMMER JOBS — Upland High School junior Chris Powers paints the front door at the Upland Recreation Department. Powers is one of several local students who worked at summer jobs through the federally funded Urban League. Before starting the painting job, he worked on the Recreation Department's new motocross course at Campus Avenue and 16th Street. (Photo by Lynne Locke)

Horse races, grandstand shows, contests

Demonstrations, exhibits set at fair

The Los Angeles County Fair, open through Sept. 29, includes demonstrations in cooking and interior decorating; exhibits of Indian crafts, Chinese culture, and flowers; contests of hog callers and milkers; grandstand shows and horse races.

Women will be honored today at the fair with a mother-daughter look-alike contest 5 p.m. in the amphitheater. Senior Citizens Day Monday includes reduced prices, special entertainment and reserved seating at the grandstand show.

Other special fair events include a butter-churning contest 2:30 p.m. Friday, dairymaids milking contest 4 p.m. Saturday; Scottish-American Day parade and program Sunday; and hog-calling and lemon pie contests Wednesday.

Grandstand shows include the Polack Bros. Circus through Sept. 21, and the "Wonderful World of Horses" Sept. 22-28. The three-ring Polack Bros. Circus features flying trapeze artists including Dave Merrifield who will perform on a trapeze suspended from a helicopter.

Other circus members perform on the tightwire, upsidedown bicycle and trampoline. Performing

animals include poodles, lions, tigers, elephants and horses. The "Wonderful World of Horses" grandstand show features the royal Lippizan stallions.

A main feature of the fair is the National Indian Fair displaying customs and crafts of North American Indian tribes. Daily craft demonstrations include silver smithing, basket weaving, sand painting, rug weaving, bead working, and pot making.

Ceremonial and traditional dances will be performed Saturday and Sunday. Highlight of the Indian Fair is a national War Dance Championship contest 12:30-6 p.m. Sept. 27-28.

"Chinese Living Arts" demonstrations include brush painting by Dennis Ning Yeh and Amelia Chow, enameling by Yeung Chung, hand and shadow puppets by Allan Cook, and ceramics and raku by Beverly Toy Yu.

Members of the San Gabriel Valley Chinese Cultural Club will perform the Chinese dragon dance on weekend evenings during the fair.

A five-room home, "designed with people in mind," is displayed in the Interior Design Showcase. The

house, designed by Gary Jon and Dorothy Culbertson, uses beige, white, and chocolate colors with green plants.

Special features are a computerized stove and oven and old-world handcrafted tiles indoors and cobblestone tiles in small garden alcoves.

A Swiss cottage surrounded by snowy Alps is the highlight of the fair's yearly Flower and Garden Show. Other features include tropical and shade plants, bonzai displays, floral arrangements and outdoor landscaping.

Daily demonstrations and workshops on cooking include Mexican, Swedish and French cuisine. Other programs will highlight entertaining, home decorating and flowers.

Fairgoers will be able to sample food from around the world at booths and restaurants serving won ton soup, chicken cacciatore, teriyaki steak, fish and chips, enchiladas, spare ribs and shish kabob.

The Mexican Village at the fair includes 83 booths offering Mexican products and foods, and Mexican

entertainment including mariachis, dancing, drama and comedy.

Daily horse shows and races accompany fair activities. Shows in the Carnation Ring include: quarter horses today through Sunday; morgan horses Monday and Tuesday; appalooses Sept. 24-25; pintos, Sept. 26-27 and Tennessee walking horses Sept. 28. An exhibition Arabian horse race is scheduled 1:30 p.m. Sunday.

The racing meet features daily cards of one appaloosa race, two quarter horse races, and eight thoroughbred races. Stakes races are highlighted by the \$30,000-added Pomona Handicap Sept. 27.

Other stakes races include Beau Brummel Stakes Friday, C. B. Atterbaugh Memorial Stakes Saturday, Pomona Quarter Horse Futurity Monday, Las Madrina Handicap Tuesday, Pomona Derby Wednesday, Aprisa Handicap Sept. 25 and Gateway to Glory Stakes Sept. 26.

Fair admission is adults \$2 and children, aged 6-12, 50 cents. Entertainment attractions and exhibits are free. There is an admission fee for races, held daily except Sunday.



EXHIBITION — Chaffey College students Dave Svenson (left) and Joel Cinnamon, both of Upland, examine two rare seas shells from a collection on display at the Rex W. Wignall

Museum - Gallery through Oct. 5. Gallery is open noon - 4 p.m. and 7-9 p.m. Monday - Thursday, noon - 4 p.m. Friday and 2 - 5 p.m. Sunday. (Photo by Lynne Locke)

Study of architectural heritage

Romance subject of class

Romance in California's past? In Shirley Mossman's class, "Romance of California's Architectural Heritage," participants can discover the history that is and has been California.

The new class, beginning Sept. 15, will be offered at the Ontario City Library on Tuesdays from 9:30 to 11:30 a.m. and Thursdays from 9:30 to 10:30 a.m. in the continuing interior design series. This class will earn a student three units of college credit at Chaffey College, and also satisfy

three units of the humanities credit required for an A.A. degree. The course is a requirement for the certificate in interior

Mrs. Mossman, coordinator of the interior design department at Chaffey College, has researched, photographed and lectured on the historical importance of such architectural masterpieces as the California Missions, the Monterey Adobes, the Carson House in Eureka, the Coronado Hotel, Hearst's Castle - up

to contemporary buildings. She is an active affiliate of the American Society of Interior Designers (A.S.I.D.), and a member of the historical Society of Southern California, Pomona Valley Historical Society, the Cultural Heritage Foundation and was a tour guide at Hearst's Castle for three years.

Chaffey College's interior design department is actively involved with A.S.I.D. and was recently invited by the Palm Springs chapter to be sponsored as

the first two-year college to have a student chapter of A.S.I.D. The present Chaffey College Interior Design Society has recently completed a room at the Los Angeles Home Furnishing Mart in competition for the class may be made on the Alta Loma campus Sept. 15-19. The first class meeting will be held at the Ontario City Library at 9:30 a.m. on Tuesday, Sept. 16. Additional information regarding registration procedures may be obtained by calling 987-1737 or 822-7456.

Toastmasters

Alta Loman wins trophy

Ulrick Brosch of Alta Loma recently won the Toastmasters trophy as best speaker for his first speech before Club 1506.

Toastmasters call the first speech the "icebreaker," because it gives the speaker a chance to introduce himself to the club. Brosch has been a member of Club 1506 for two weeks.

Honors for impromptu table topics went to Vance Mingus of Pomona for his comments on strikes by civil servants. Gordon Adams of Ontario took the trophy for the best speaker evaluation.

Lamaze method classes to open

Classes in the Lamaze method of childbirth will be conducted by Carole Pagliughi beginning Sept. 29 at 7 p.m. in the Montclair Recreation Center building on Fremont Avenue in Montclair.

The Lamaze course of study includes an explanation of the mechanics of childbirth as well as a general understanding of pregnancy.

The classes are designed to give the Lamaze students a better attitude toward pregnancy, labor and delivery. The techniques used in the classes include conditioning exercises, relaxation techniques, and breathing instruction designed to decrease the perception of pain.

For more information and pre-registration contact Carole Pagliughi at 985-6911 or 985-0080.

Basic salable skill object of program

The regional occupational program (ROP) at Alta Loma High School offers the student the opportunity to gain a basic salable skill. The training can help a student get a job or give him the opportunity to explore a field he is interested in. Students attending ROP will receive school credits.

Some of the ROP offered are nursing assistant (Ontario Community Hospital) animal care (horses), auto body and fender repair, cosmetology (Richard's School of Beauty, Ontario), dental

assistant, motorcycle repair, PBX / operator/receptionist (General Telephone Company), police science, psychiatric ride, painting (commercial), and retail merchandising (Buffums, Millers' Outpost, Montgomery Wards).

Many other classes are available to students.

County seeks views on allocating funds

A special meeting on expenditure of \$5.6 million allocated to San Bernardino County will be held from 7 to 10 p.m. on Sept. 18 in the Homemaking Auditorium at Chaffey High School, 1245 N. Euclid Ave., in Ontario. The funds, to be provided during a three-year period under the Housing and Community Development Act., are for better housing conditions and expanded economic opportunities for persons of low or moderate income. San Bernardino County is to receive \$1.8 million during the program's first year.

and a portion of the federal funds have been earmarked for the West Valley area. Citizen participation is required in the planning process as a condition of the Act.

How to make stained glass

A class in the making of leaded stained glass will be offered starting Sept. 25 by the Upland Recreation Department. The class was omitted from the original schedule, which was printed Sept. 7 in The Daily Report.

The class will be sponsored jointly with Chaffey College. It will be held from 7 to 10 p.m. Thursdays at the Recreation Department Annex, 433 N. Second Ave. It is open only to adults.

Further information may be obtained by calling the recreation department at 985-0994.

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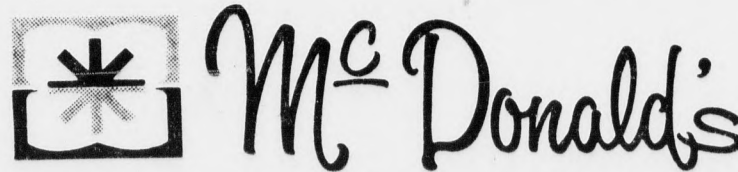
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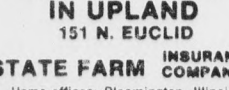
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People in the news

Certificate

Upland City Clerk Dee Carpenter has been awarded a certificate for completing a continuing education program for accreditation and certification of city clerks. Under the University of California, Santa Cruz Extension program, clerks attend three one-week sessions. Classes include law-related skills, supervision and decision-making, and communication skills.

Enlisted

Thomas E. Hilton of Montclair and Richard W. Wilde Jr. of Upland have enlisted in the mechanic maintenance field of the U.S. Army. After training Hilton will work as a diesel mechanic and Wilde will work as a wheel-vehicle mechanic.

Top swimmers

Red Hill Country Club swim team finished the 1975 season with a third place in the Sunkist League finals. The 55-member team won the eastern division championship.

Class for would-be farriers

Chaffey College has scheduled a class in horseshoeing starting Sept. 18 in Corona.

The class will be from 7 to 9 p.m., Thursdays, at the World Farm Foundation's Bicentennial Ranch at 3485 Johnson, with the final session from 9 a.m. to 5 p.m., Saturday, Oct. 11.

Covered in the four-week lecture course will be the basics of the farrier's art, the rationale of horseshoeing and pointers on horse psychology.

The all-day Saturday session will be devoted to a demonstration of hoof-trimming, fitting and shoeing.

When practical, students will have an opportunity to work with the instructor to learn the physical aspects of horseshoeing. The instructor is Othmar Paul Wild.

Enrollment in this non-credit class will be at the first class session. There is no fee.

Further information may be obtained by calling 735-0242, 987-1737 or 822-4484, extension 350.

Sawduster group sets classes

The Sawdusters Square Dance Club is sponsoring a beginners' class starting Thursday, Sept. 18, at 8 p.m. in the Father Mackey Memorial Hall, Our Lady of Lourdes Catholic Church in Montclair.

The class will be open to new members until Oct. 9. Further information is available by calling 981-1150 or 982-7129.

The Sawdusters also will have a president's dance on Sept. 20 in Taylor Hall, 1717 N. Indian Hill Blvd., Claremont. The round of the month will be from 7:30 to 8 p.m. and square dancing will be from 8 to 11.

Howard McCreery will call. All graduate dancers are invited to attend.

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The Red Hill 11-12 year old medley team set a new Sunkist League record with a time of 2:19.8. Medley team members are Pam Walker, Brian Garrison, Kim Porter and Grant Van Every.

New Red Hill team records were set by Scott Walker, 9-10 freestyle and breast stroke; Weston Jones, 9-10 backstroke; and Cheryl Cochran, 15-17 butterfly.

Other new records were set by Stacy Nicholson, Suzanne Garrison, Walker and Jones, 9-10 100-yard freestyle relay; and Mary

Eagle, Greg Arnold, Porter and Van Every, 11-12 100-yard freestyle relay.

Also Laura Hugelmann, Barbie Jackson, Gordon Descombes and Mike Dolan, 13-14 200-yard freestyle relay; and Peter Pierce, Martin Jackson, Cindy Jaffee and Cochran, 15-17 200-yard medley relay.

First-place trophies were earned by B. Garrison, 50-yard butterfly; Jones, 25-yard backstroke; Van Every, 50-yard backstroke; S. Garrison, 50-yard freestyle; S. Walker, 25-yard breaststroke; and Laura Hugelmann, 50-yard

breaststroke. The 9-10 medley and freestyle relay teams, and 11-12 and 13-14 medley relay teams also earned first-place trophies.

Second-place trophies were presented to Cochran, Mike Moran, S. Walker, P. Walker, Descombes, Hugelmann and Arnold.

Nominee

Ronnie J. Messenger, administrator of Doctors' Hospital of Montclair, has been admitted to nomineehip in the American College of

Hospital Administrators, a Chicago-based professional society of more than 11,000 hospital administrators.

Honors

Frank Mizuno of Upland has been granted honors at entrance by California Polytechnic State University, San Luis Obispo. Mizuno, who will major in mechanical engineering, graduated among the top five per cent of high school seniors statewide.

Dean's list

West End students named to the spring-quarter dean's honor list at University of California, Riverside include: Janey Rickey of Cucamonga and Samuel

Reyes Jr. of Montclair. Alta Lomans include Winifred Nelson, Gwen Osborn, Laura Anderson, Eddie Zanzoso, Richard Weaver and Frances Arner. Uplanders are Kathleen Aldern, Andrew Alexis, Daniel Birnbaum, Glen Drewes, James Kershaw Jr., Thomas Okamoto, William Speer, Christopher Von Kahrs, Frances Whyte, Douglas Hay, Robert Street, Stephen Bell, Andrew Shaner and Paul Van Ness.

Other Upland residents include Andrew Watkins, Ruth Musser, Paula Bosserman, Richard Stout, Susan Wells, Laura Fuller, John Halcomb, Stephen Hollis, Barry Leber, David Shaner and Martin Stoops.

Degree

Irma P. Ayala of Upland has earned a bachelor's degree in bilingual studies at the University of California, Davis.

Fair winners

Three members of the Foothill Farmers 4-H Club placed first in sewing competition at the Victorville Fair. Janet Cravens earned two first-place awards and Eileen Dailey and Elizabeth Dobles, each placed first, according to group leader Sharon Dobles.

Manager

Lee M. Taylor of Upland has been promoted to

manager of First National Bank and Trust Co.'s Ontario branch, Fourth Street and Grove Avenue. Previously she served as assistant manager at the bank's Fontana office.

Mrs. Taylor is an active member of the National Association of Bank Women of Southern California, Inland group, an organization of executive bank women. She attended College of the Desert and the American Institute of Banking.

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If you're for quality like we are — then here's a Best Buy with a very special price. It's Granada Ironstone Dinnerware, imported from Spain and made by some of Europe's finest craftsmen. Granada is from the Castilian Collection — handsome enough for everyday use, but classic enough for the most elegant occasions. What's more — it's detergent and dishwasher safe. We'll have a different item featured each week for the next fifteen weeks, selected from five basic place settings.

Five Basic Place Setting Items

59¢ Each

The Complete Castillian Collection

Accessory Pieces on Sale, Too!

2-PIECE SOUP	each \$3.99	12" CHOP PLATE	each \$5.49
2-PIECE SALAD	each \$3.99	COVERED CASSEROLE	each \$9.99
2-PIECE CEREAL	each \$3.99	GRavy BOAT WITH TRAY	each \$4.99
COVERED SUGAR	each \$3.99	COFFEE SERVER	each \$8.99
CREAMER	each \$3.99	SAUT & PEPPER	pair \$2.99
VEGETABLE BOWL	each \$4.99	COVERED BUTTER DISH	each \$3.99
14" PLATTER	each \$5.99		

DELI FEATURES

LAKE TO LAKE NATURAL... DELICIOUS CHEESE

LONGHORN CHEDDAR

9-OZ. PKG. **89¢ EA.**

OL VIRGINIA, TENDER & JUICY

FRANKS 12 OZ. PKG. **59¢**

PILLSBURY HUNGARY JACK BISCUITS 10 OZ. TUBE **33¢**

CACHE VALLEY NATURAL SLICED

JACK CHEESE 12 OZ. PKG. **\$1.29**

DANOLA IMPORTED SLICED

COOKED HAM 3 OZ. PKG. **73¢**

OL VIRGINIA SLICED

LUNCH MEATS 5 VARIETIES... 5 OZ. PKG. **47¢**

PLUMP... GREAT FOR SOUPS!

STEWING CHICKEN WHOLE BODY **29¢ LB.**

7-BONE ROAST CENTER 7-UT BEEF CHUCK LB. **99¢**

YOUNG DUCKLINGS MAPLELEAF 4-5 LB. SIZE LB. **98¢**

SHOULDER ROAST 0-BONE CHUCK BEEF LB. **\$1.19**

CHICKEN LIVERS FOSTER FARMS LB. **69¢**

TENDER BEEF • BLADE CUT

CHUCK STEAK **88¢ LB.**

STEWING BEEF LEAN & TENDER CUBES OF BEEF LB. **\$1.59**

VEAL PATTIES GOL PAK BREADED OR ITALIAN STYLE LB. **79¢**

ITALIAN SAUSAGE COOK'S HOT OR MILD LB. **\$1.75**

MINI HAMS HOFFMAN'S BONELESS WHOLE OR HALF LB. **\$2.29**

PLUMP & MEATY ECONOMICAL

TURKEY DRUMSTICKS **39¢ LB.**

HALIBUT FILLETS SNOWY WHITE FROZEN FROM ICELAND LB. **\$1.39**

COOKED SHRIMP PEELLED DEVEINED TASTY LB. **\$1.79**

FILLET OF SOLE LOW IN CALORIES FROZEN 1-LB. PKG. **69¢**

FROZEN SMELTS GOURMET'S DELIGHT TASTY 1-LB. BAG **89¢**

CLIP THIS COUPON AND SAVE!

WITH THIS COUPON AT MAYFAIR

LIQUID BLEACH PUREX

GALLON BTL. **65¢**

COUPON GOOD SEPT. 17 THRU SEPT. 23 ONLY AT MAYFAIR. LIMIT ONE.

EXTRA FANCY

LARGE SWEET LOCAL CASABAS OR CANTALOUPE

10¢

LAKE COUNTY BARTLETT

PEARS 29¢

EXTRA FANCY LARGE WASHINGTON

JONATHAN APPLES 29¢

FIRM VINE RIPE RED

SLICING TOMATOES 29¢

"JUMBO 32" SWEET JUICY RUBY RED

SUNKIST GRAPEFRUIT 5¢

GREAT FOR BAKING U.S. NO. 1

RUSSET POTATOES 19¢

NO. 1 LARGE RIPE

HAAS AVOCADOS 39¢

CENTRAL AMERICAN

RIPE BANANAS 17¢

SWEET SEEDLESS

SUNMAID RAISINS 6 1 1/2 OZ. 49¢

MAYFRESH MACARONI & CHEESE 7 1/2 OZ. PKG. **23¢**

CINCH TASTY

CAKE MIXES 4 FINE FLAVORS 18 1/2 OZ. PACKAGE **47¢**

MAYFRESH SLICED ENRICHED WHITE BREAD 1-LB. LOAF **29¢**

MAYFRESH FROZEN ORANGE JUICE 100% FLORIDA 6 OZ. CANS **5¢**

CINCH 4 FLAVORS RICH

FROSTING MIXES 13 OZ. PKG. **47¢**

SAVE 10¢ 4 FLAVORS

CAL FRESH DRINKS GAL. SIZE **69¢**

SAVE 6¢ 66 CENTS 5 REG. OR HOT

CHILI WITH BEANS 15 OZ. CAN **49¢**

SAVE 2¢ CONTADINA

TOMATO SAUCE 9 OZ. CAN **15¢**

SAVE ON REG. OR QUICK

QUAKER OATS 42 OZ. BOX **97¢**

SAVE 6¢ 6 VARIETIES 12 OZ. PKG.

9-LIVES CAT FOOD 53¢

SAVE ON COOKING OR SALAD

WESSON OIL GALLON SIZE **\$4.99**

SAVE 7¢ BRANDY WINE SLICED

MUSHROOMS 4 1/2 OZ. CAN **59¢**

SAVE 11¢ GREEN GIANT, KITCHEN SLICED

GREEN BEANS 3 1/2 LB. CANS **\$1**

SAVE 3¢ 16 OZ. CARTON

IMO with CHIVES 49¢

SAVE 21¢ SKIPPY CREAMY OR CHUNKY

PEANUT BUTTER 18 OZ. JAR **79¢**

SAVE 8¢... PAPER

SCOTT TOWELS DECORATOR & ASST. BIG ROLL **47¢**

ALL FLAVORS ARDEN YOGURT 4 HALF PINTS **\$1**

MAYFRESH FROZEN INSTANT TEA 3 OZ. JAR **\$1.39**

SAVE 30¢ 3 LIPTON FAMOUS

INSTANT TEA 3 OZ. JAR **\$1.39**

ARDEN QUALITY

SOUR CREAM PINT SIZE **53¢**

3 VARIETIES KERN'S 32 OZ.

SPAGHETTI SAUCE 79¢

FROZEN 16 OZ. CHEESE OR 19 OZ. SAUSAGE

GINO'S PIZZA 99¢

MAYFRESH CUT CHIMELLO

FRENCH FRIES 3 16 OZ. PKGS. **\$1**

BIRDSEYE INTERNATIONAL 10 OZ. PKG. FROZEN

VEGETABLES 49¢

AUNT JEMIMA 3 KINDS FROZEN 16 OZ.

PANCAKE BATTER 59¢

2¢ OFF LABEL 14 OZ. SIZE

COMET CLEANSER 24¢

SAVE ON NOURISHING DRY YET'S

DOG FOOD 50 LB. BAG **\$6.99**

11 OZ. NO RETURN BTLS.

LUCKY LAGER 12 1/2 19¢

WHIP TOPPING

REDDI WHIP 7 OZ. AEROSOL **79¢**

GROCERY FEATURES

MJB FAMOUS FLAVORFUL

INSTANT COFFEE 10 OZ. JAR **\$1.45**

REFRESHING REG. OR DIET

PEPSI COLA 6 PACK 12 OZ. CANS **\$1.19**

MAYFRESH, FAMILY PACK

ICE CREAM 2 GAL. SIZE **\$3.39**

ALL PURPOSE

PILLSBURY FLOUR 10 LBS. **\$1.59**

DISHWASHING DETERGENT

IVORY LIQUID 22 OZ. PLASTIC **69¢**

PURE VEGETABLE 3-LB. CAN

CRISCO SHORTENING \$1.78

LIBBY'S RICH

TOMATO JUICE 46 OZ. CAN **53¢**

NORTHERN QUALITY

PAPER NAPKINS 140-CT. PKG. **39¢**

LA ROSA BRAND

ELBOW MACARONI 2 1/2 OZ. **29¢**

CHIFFON SOFT, BOX OF 200

FACIAL TISSUES 2 89¢

SAVE 50¢... 2 VARIETIES

SMACK NOODLES 6 3 OZ. PKGS. **\$1.00**

READY IN AN INSTANT

MINUTE RICE 28 OZ. PKG. **\$1.29**

FAMILY PACK SCOTT SOFT

TOILET TISSUE 4 ROLLS FOR **69¢**

FREE! SPRINGTIME TABLEWARE

1 PIECE WITH EACH \$5 PURCHASE AT MAYFAIR

EXCLUDING BEER, WINE, LIQUOR, TOBACCO & DAIRY PRODUCTS

COMPLETE YOUR FREE FLATWARE PLACE SETTINGS NOW!

OFFER ENDS SAT., SEPT. 27. COMPLETE DETAILS AVAILABLE AT STORE

Available at Cucamonga, Montclair, Palm Springs, Indio Stores only

mayfair

FINEST QUALITY FOOD MARKETS

PRICES GOOD WED., SEPT. 17 THRU TUES., SEPT. 23

U.S.D.A. FOOD STAMPS WELCOME

Chukka-Luks

All Leather Butter-Hyde Uppers

— Supple! Composition Rubber Soles.

Like Walking On Air!

only... **\$7.99** PR.

CUCAMONGA—

9477 Foothill Blvd.

MONTCLAIR—

9850 Central Ave.

Applications to get college scholarships are available

Application forms for scholarships to be awarded for the academic year 1976-77 by the California State Scholarship and Loan Commission are available from Senator Ruben S. Ayala's offices in San Bernardino and Olympians seeking additional members.

The Olympians, a community service organization which offers instruction in all phases of twirling, drumming, bugling, drill team and color guard activities, is now open to new members.

Ontario. For the first time this year a single application form will be utilized by all three undergraduate programs administered by the commission, the Senator noted. State scholarship awards will be given 13,200 students and will range in value from \$600 to \$2,500 at independent colleges, from \$300 to \$600 at the University of California, and \$190 at California state universities and colleges. College opportunity grants will be awarded to 3,100 students. These will range from \$500 to \$900 according to the student's needs.

Seven hundred students will receive occupational education and training grants ranging up to \$2,000 for the calendar year for tuition, plus up to \$500 for training and related costs. "Application forms must be postmarked no later than Dec. 6, 1975," said Senator Ayala. "Please contact my office at 486 W. Fifth St. (phone 884-3165) in San Bernardino, or my office at 1063 W. Sixth St., Suite 102 (phone 983-3566) in Ontario at your earliest convenience if you are interested in applying."

4 local realtors promoted

Bob Omohundro, Louie Troiano and Bob Young are newly appointed managers for Herbert Hawkins Realtors sales offices in Upland, Chino and Ontario respectively. Bob Ersepke, formerly assistant manager in Glendora, has been elevated to the post of manager in Claremont. Omohundro has been associated with Herbert Hawkins for three years in Upland and Claremont, where he served as manager since 1973. Troiano has been on the Upland sales staff for five years and is a member of the firm's \$34 Million Sales Club. He is a graduate of Chaffey College and active in St. Joseph Catholic Church in Upland. His wife, Carol, is also a sales associate in the Upland office. Young, who formerly managed the Hawkins office in Chino, has been active in area real estate for the past 16 years. Ersepke is an associate broker and an award-winning salesman in the Glendora area. He has been active in the Azusa-Glendora Board of Realtors.

DRAPER MORTUARY

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811 NORTH MOUNTAIN AVE.
ONTARIO, CALIFORNIA

ESTABLISHED 1898

NEWMAN E. DRAPER, pres.

Cal Poly workshop

A workshop for teachers, counselors and parents to develop skills in counseling young people is scheduled at Kellogg West, the center for continuing education at California State Polytechnic University, Pomona. "Teaching and Counseling for Responsible Behavior" will be held at the center for three Saturdays, Sept. 20, 27 and Oct. 4 from 9 a.m. to 10 p.m., and is coordinated by Dr. Jessie Klinger, Professor of Health Education at Cal Poly, Pomona.

and Narcotics program at the University. According to Dr. Klinger, workshop participants will explore methods of dealing with disruptive behavior and reducing disciplinary problems through crisis intervention, develop listening skills and short-term counseling techniques, identify resources and community agencies for information and referral purposes. A registration fee of \$100 for non-credit and \$118 for three units of professional credit through the physical education department includes all lunches and dinners as well as workshop materials. Preregistration is required. For further information call (714) 595-7511 ext. 272.

Chaffey clinic

A clinic sponsored by the Ontario - Upland - Chino Board of Realtors is scheduled for 7 to 10 p.m., Sept. 30, at Chaffey College. The clinic, entitled Real Estate Roundup, will be in the college cafeteria and there will be no admission fee. The session will be open to the public. Seven topics will be up for discussion. Topics and discussion leaders will be: real estate law, Dennis McKim; Real Estate Settlement Procedures Act (RESPA),

Art Munch; mobile homes, Vince Pulsipher; real estate exchanges, Wayne Levitt; real estate syndicates, Wayne Landis; real estate forms, Dave Beno; escrow problems, Gladys Weiss. RESPA concerns the federally legislated disclosure statement. Real estate forms include listing, deposit receipt and termite inspection. Business professor Gilbert Extale is coordinating the program with the board.

NOW demonstration

"Consciousness-Raising Demonstration" will be the program for the general meeting of NOW (National Organization for Women), Pomona Valley Chapter, to be held from 8 to 10:30 p.m. Thursday at the Open Door, LaVerne. According to a recent newsletter, this description of the session was made: If women are 52 per cent of the population, how can we be oppressed? A majority group can be oppressed only with their cooperation. Learn how you collaborate in your own oppression and how you can quit.

Chapter 411

TOPS award night

August awards night was held recently by TOPS (Take Off Pounds Sensibly) with Rita Wagner, co-leader, as hostess. This TOPS Chapter 411 of Ontario crowned Terri Lugenbeel as the August queen with Vesta Murphy as runner-up. Backslider queen was Mary Montoya with Alrene Walker coming in second.

KOPS (Keep Off Pounds Sensibly) was Clementine Bertrand, and Elaine Wyperd was runner-up. Lori Battle received a vacation charm for returning from her vacation with a weight loss. This chapter meets every Tuesday at 7 p.m. at 428 E. C St., Ontario. Visitors are welcome. Further information is available by calling 985-6563.

String ensemble class set

A string ensemble class will start Tuesday, Sept. 23, from 7 to 10 p.m. in the basement of Gardiner Spring Auditorium, Chaffey High School, Ontario. The free class will be sponsored by the Chaffey College Community Education program. All persons who play a stringed instrument and wish to keep in practice are invited to attend. Only a minimum

ment is necessary to join. Music to be played will range from classics to popular music. Some stringed instruments will be available to use for those who like to play, but do not own a stringed instrument. Clyde Owens, director of string and orchestra music for Chaffey High School, will instruct the class.

GIRLS OVER 37!

WE CARE ABOUT YOU... AND HAVE MANY CARE-FREE CUTS TO SUIT YOU!

Are you tired of your hair being teased and looking like a high rise Brillo Pad that made a forced landing on your head? If so, let us make your hair "brushing happy" with a SCISSOR styling that's fresh and functional and easy to care for. Ask about our "4-way" convertible scissor cut and stylized foundation permanent wave.

JOSEPH'S SCISSOR STYLING

252 POMONA MALL E. OPEN DAILY
POMONA 8 AM-10PM
PHONE 622-8542 SAT & SUN 9AM-5PM
SECURITY ESCORT TO & FROM CAR - EVENINGS AFTER 5 PM

BOYS LOVE GIRLS

EFFECTIVE 9 A.M. THURS., SEPT. 18TH
THRU MIDNITE WED., SEPT. 24TH 1975

FLASH FROZEN WHITE TURBOT FISH

EXCELLENT BAKED OR ROASTED
3 TO 4 - LB. AVERAGE
BY THE PIECE • LIMITED SUPPLY

59¢ LB.

FRESH WHOLE BONELESS TOP SIRLOIN BEEF LOIN

\$1.79 LB.

SOLD WHOLE ONLY

BONELESS BEEF LOIN TOP SIRLOIN STEAKS

\$2.09 LB.

FRESH GROUND BEEF

ANY SIZE PKG. 100% PURE BEEF

59¢ LB.

7-BONE CHUCK ROAST

CENTER CUT • BEEF

89¢ LB.

O-BONE CHUCK ROAST

BEEF

98¢ LB.

LEANEST Ground Beef CHUCK ROAST

ANY SIZE PKG. 100% PURE BEEF

99¢ LB.

BONELESS BEEF ROLLED CHUCK ROAST

1.69 LB.

BONELESS FAMILY CUT BEEF CHUCK STEAKS

1.69 LB.

BEEF LIVER

69¢ LB.

RATH HICKORY SMOKED SLICED BACON

12 OZ. PKG.

\$1.49 EA.

OSCAR MAYER PURE PORK LINK SAUSAGE

1-LB. PKG.

\$1.69 EA.

ZIPPE JUMBO BURRITOS

10 OZ. EACH

39¢ EA.

MRS. FILBERT'S MARGARINE

REG. 1-LB. STICK

39¢

FROZEN FOODS

SUM JIM FRENCH FRIES 20 OZ. **4.99**

TREESWEET ORANGE JUICE 12 OZ. CAN **49¢**

KERN'S STRAWBERRY HALVES 16 OZ. **59¢**

LE SEUER NEW! COMBINATION VEG. 10 OZ. **49¢**

PETRI WINES

BURGUNDY • PINK CHABIS • CHABIS BLANC • CRENACHE ROSE

1.59 MAGNUM

IVORY LIQUID DISH DETERGENT

32 OZ. BOTTLE INCL. 20¢ OFF LABEL

79¢

COCA COLA

32 OZ. RETURN. BTL.

3.99

HUNT'S FRUIT COCKTAIL

15 OZ. CAN

3.99

BLUE RIBBON APPLE SAUCE

25 OZ. **49¢**

SMITH PRE-SOAK PEAS

15 OZ. CAN **5.99**

BOYS HEAVY DUTY LIQUID DETERGENT

32 OZ. BOTTLE **75¢**

NESTLE HOT COCOA MIX

12 - 1 OZ. PKGS. **99¢**

TOMATO SAUCE

15 OZ. CAN **4.99**

SPRINGFIELD

15 OZ. CAN **4.99**

Boys DELICATESSEN Dept.

LAKE TO LAKE WISCONSIN LONGHORN CHEDDAR CHEESE 9 OZ. PKG. **95¢**

LAND O'LAKES WISCONSIN ROYAL AMERICAN SLICES INDIVIDUALLY WRAPPED 12 OZ. PKG. CHEESE FOOD **98¢**

JONES B OZ. SLICED BRAUNSCHWEIGER **79¢**

OSCAR MAYER BEEF OR MEAT WIENERS 1-LB. **\$1.19**

OSCAR MAYER BRAUNSCHWEIGER OR SANDWICH SPREAD 8 OZ. **65¢**

Boys COOKIES

SUGAR FUDGE • SUGAR • PEANUT BUTTER • OAT MEAL • CHOCOLATE CHIP • COCONUT

4 DOZ. IN A BOX 17 OZ. **99¢**

FRESH CUT TENDER BROCCOLI

29¢ LB.

SWEET • JUICY LARGE NECTARINES

29¢ LB.

NESTLE INSTANT COFFEE

10 OZ. JAR **\$1.99**

-7 SEAS- SALAD DRESSING

ASST'D 8 OZ. BTL. **49¢**

TROPICAL PRESERVES

BLACKBERRY • PEACH/PINEAPPLE • CHERRY • STRAWBERRY • GRAPE JELLY

18 OZ. JAR **69¢**

Boys JUNIOR Department STORE

MEN'S "SHARK" POCKET T-SHIRT \$2.99 EA.

LADIES' POPLICE CROSS STRAP SANDALS \$3.98 PR.

CRYSTAL ON THE ROCKS GLASSES 5.99

PLASTIC HOSTESS SERVING BOWLS Set of three 36 oz. Bowls with covers. Shatter proof - dishwasher safe. Yellow or green. **99¢ SET**

LADIES HAWAIIAN PRINT MU MU \$3.98 EA.

PLASTIC CUTLERY TRAY \$4.99 EA.

3-SPEED • 20 INCH BREEZE BOX \$1.99 EA.

ASSORTED AUTO SPONGES YOUR CHOICE **39¢ EA.**

Boys GROCERY

HUNT'S KETCHUP 14 OZ. BTL. **25¢**

PILLSBURY ASSORTED CAKE MIX 18 1/2 OZ. PKG. **2.99**

DRIVE DETERGENT 49 OZ. (Incl. 13¢ off label) **1.19**

7-UP 28 OZ. RET. BTL. **3.99**

NABISCO RITZ CRACKERS 16 OZ. **87¢**

HORMEL VIENNA SAUSAGE 5 OZ. CAN **35¢**

RANCH TABLE CHICKEN 50 OZ. **\$1.29**

ROYAL GELATIN 6 OZ. PKG. **35¢**

HOLT & INDIAN HILL, POMONA

Gas in hot charcoal can be killer

You can't see it, smell it, or even touch it, yet it killed over 1,500 and maimed well over 10,000 persons last year. Carbon monoxide (CO) gas is this deadly killer and the U.S. Department of Health, Education and Welfare warns that charcoaling is one of the major hazards to beware of this summer.

Smoldering charcoal yields large quantities of carbon monoxide.

The safety team of Combined Insurance Company of America cautions outdoor chefs to remain outdoors for their cookout.

However, if the weather forces you into a partial

enclosure, such as a garage, be certain that all doors are open to the outside, and even then it is considered dangerous.

Campers are also warned not to use charcoal in their tent for cooking or as a heating element, no matter how cold it is.

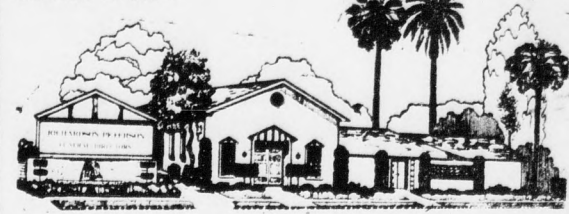
Dr. David Goldfinger, medical consultant for Combined's claims department, advises that if while charcoaling you develop a headache, dizziness or suddenly feel weak, escape to the fresh air immediately. If you don't escape and more CO is absorbed into your system, unconsciousness and death can follow.

"If you come across a person who has been overcome by CO gas, move the victim to fresh air immediately. If breathing has stopped or is irregular, start mouth-to-mouth resuscitation at once. The breath rate should be one every three seconds," the doctor states.

"Have someone call a rescue squad or a doctor immediately. Do not give the victim anything to eat or drink," he adds.

In conclusion, Dr. Goldfinger said, "It is imperative that every person who has succumbed to CO poisoning be examined by a doctor."

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Sav-on SPECIAL
ZEE New Softness
Nice 'n Soft
TOILET TISSUE
4 Roll Pak
67¢

Sav-on SPECIAL
ALL DETERGENT
Concentrated with Bleach, Borax & Brighteners!
157 OZ. JUMBO SIZE
2.93

Sav-on SPECIAL
DAYS-EASE
Solid Air Freshener
"Set It... and Forget It" Retreshes! 5.5 OZ.
2.100

Sav-on SPECIAL
Wild Honey
CALIFORNIA DESERT HONEY
Or. and Calif. 100% Pure!
3 LB. CAN
1.88

Sav-on SPECIAL
PRELL
SHAMPOOS
Extra Rich, Mild Lather!
CONCENTRATE 7 OZ. or LIQUID 16 OZ.
1.19 EACH

Sav-on SPECIAL
CARNATION
Coffee-mate
NON-DAIRY CREAMER
Mixes Instantly!
16 OZ.
1.03

Grecian Formula 16
Changes gray hair to its natural look in color. Easy to use!
LIQUID 2.99 5.99
CREAM 2.99 5.99

100 W. FOOTHILL CORNER OF EUCLID & FOOTHILL
Sav-on DRUG STORES
A GREAT Place To Shop!
SOMINEX 2 LIQUID 1.39 TABLETS 1.59
Effective yet gentle aid to sleep!

Water Pik
ORAL HYGIENE APPLIANCE
Contemporary design in rich beige. Pressure control dial, 4 jet tips and wall mounting bracket. DELUXE MODEL 37
24.88

Sav-on SPECIAL
5 OZ. LARGE SIZE
CREST
TOOTHPASTE
Regular or Mint!
59¢ EA.

WEST BEND 8" Saute Pan
Favored by Gourmet Cooks! Porcelain on aluminum with no stick interior.
3.99

Sav-on SPECIAL
Stayfree
MAXI-PADS
Betless Feminine Napkins!
BOX OF 12
59¢

SINUTAB TABLETS
Relief for sinus headaches and congestion.
30's
1.49

EXCEDRIN TABLETS
The extra strength pain reliever!
100's
1.13

Sav-on SPECIAL
NEW FORMULA
Micrin PLUS
Gargle and Rinse
Breath Protection!
32 OZ.
99¢

New Dawn 2
SHAMPOO-IN HAIR COLOR
Automatic color control. Natural looking shades.
99¢ EA.

SCOTCH BRAND
Cassettes
60 Minute TAPES
Low Noise High Density
PAK OF 2
2.79

Sav-on SPECIAL
Stayfree
MAXI-PADS
Betless Feminine Napkins!
BOX OF 12
59¢

DRISTAN 12 HOUR
Nasal Decongestion Capsules
All day/night temporary relief from congestion of hay fever and colds.
10's
1.09

ULTRA-BAN ANTI-PERSPIRANT Roll-On
Regular or Unscented
2.5 OZ. EA.
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Massengill DISPOSABLE DOUCHE
Complete and ready to use!
TWIN PAK 6 OZ. EA.
69¢

ADORN HAIR SPRAY
Self-styling in Regular, Extra Hold, Unscented or Ultimate Hold formulas.
9 OZ.
99¢ EA.

SEAGRAM'S 7 Crown WHISKEY 10.99
1/2 GAL. WAS 12.99
Ballantine's SCOTCH 16.49
1/2 GAL. WAS 18.49
Windsor CANADIAN WHISKY 11.99
1/2 GAL. WAS 12.99
Calvert EXTRA BLENDED WHISKY 5.49
QT. WAS 6.79
Gilbey's GIN 10.49
1/2 GAL. WAS 10.99
Ancient Age 6 YEAR OLD BOURBON 5.99
QT. WAS 6.69
Harvey's SCOTCH 10.98
1/2 GAL. WAS 12.99
WOLFSCHMIDT VODKA 4.99
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STEREO
STANDARD VIEWER
Color pictures come to life in breath-taking 3-D. Rugged and easy to use... just put in a reel and hold up to light!
1.69
ONLY
VIEW-MASTER
3-Reel Packets
1.75

DESITIN OINTMENT
for DIAPER RASH
4 1/4 OZ.
1.19

VITALIS With V7
HAIR GROOM
12 OZ. BONUS-SIZE
99¢

GIRLS PANTS
Durable cotton corduroy in solids or prints with belt loops or elasticized waist. Sizes 4-6X.
3.44 EA.
GIRLS BLOUSES
Novelty sheer knits in polyester and cotton. Long sleeves with turtle or mock turtle necklines. Solids or prints in sizes 4-6X.
2.50 FOR 2
LADIES TOPS
Assorted weaves in 100% polyester. Fall colors with long or short sleeves. Fashionable necklines can be accented with a scarf or jewelry. Sizes S-M-L.
3.44 EA.

HOUSEHOLD HANGERS
Multiple Blouse Rack
Multiple 4 Tier Skirt Rack
Multiple Slack Rack
YOUR CHOICE
99¢ EA.
Drip Dry Hangers
(PAK OF 6)
59¢
OVER THE DOOR HANGER
69¢

TOASTMASTER Waffle Baker
Round, 7 1/2" diameter, with signal light and automatic thermostat. #W252
14.88
4-Slice Toaster
PROCTOR-SILEX. Toast "pops up" browned to the exact shade desired! #T5228
15.88
Can Opener With Knife SHARPENER
by OSTER. Touch-A-Matic control! Sharpens house hold scissors, too! #557
15.88
2 1/2 QT. "Singing" Tea Kettle
WEST BEND
Porcelain on aluminum with tri-ther action spout.
3.99
4 qt. Corn Popper
"Butter-Matic" by WEST BEND
Melt in your mouth popcorn butters itself while it pops! #25467
9.95
4 qt. Slo-Cooker
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Simmers for the best flavor! A versatile must for the lady on the go!
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Sav-on SPECIAL
KLEENEX "Straw Box"
Facial Tissue
White!
BOX OF 100
5.100

Sav-on SPECIAL
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Relax! It's the happy hour—uncork appetite with cheese

Relax — it's happy hour! Uncork the appetite with cheese to nibble and cool drinks. As always, the unanimous choice for appetizers and hors d'oeuvres is cheese. Served with crackers or as an ingredient in hot nibbles and cool spreads, cheese is an excellent choice for pre-dinner enjoyment. This high protein dairy product containing many of milk's important nutrients is one snack food that contributes more than just calories. And the tempting array of natural cheeses produced in California provides textures ranging from soft to hard and flavors ranging from mild to sharply pungent. There is a cheese just right for every purpose, every preference.

The tasty sampling of cheese offerings shown here includes a wide variety of textures and tastes. For hot bites, there are cheddar puffs, blue cheese flavored toast strips and tiny turnovers made with jack cheese.

Savory Cottage Cheese Spread

1 cup small curd cottage cheese
1 cup grated provolone cheese
 $\frac{1}{2}$ teaspoon oregano
2 tablespoons freeze dried chives
1 teaspoon caraway seeds, crushed in mortar
 $\frac{1}{2}$ teaspoon paprika
Mix all ingredients. Serve with crackers or raw vegetables. Makes about $1\frac{1}{2}$ cups.

Cheese Puffs

3 cups grated sharp cheddar cheese
2 tablespoons flour
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon marjoram
 $\frac{1}{4}$ teaspoon oregano
 $\frac{1}{8}$ teaspoon pepper
4 egg whites
 $\frac{3}{4}$ cup finely crushed crackers*
Vegetable oil
*or packaged cracker meal

Mix cheese, flour, salt, marjoram, oregano and pepper. Whip egg whites until stiff. Fold into cheese mixture. Drop soft mixture by spoonfuls into bowl of cracker crumbs. Using two spoons roll mixture in crumbs to make ball. Heat $\frac{1}{2}$ to $\frac{3}{4}$ -inch oil in skillet. Fry balls a few at a time in oil about 1 minute over medium high heat. Turning balls in oil once or twice, or until golden brown. If desired, puffs may be prepared in advance. To reheat, spread in single layer in shallow baking pan. Bake in 425° oven 5 minutes. Makes about 2 dozen.

Piquant Cheese Strips

1 pound loaf sliced french bread
2 ounces crumbled blue cheese, about $\frac{1}{2}$ cup
 $\frac{1}{2}$ cup butter softened
Several grinds pepper

Many uses for peaches

Fix a quick dinner by preparing packaged Spanish rice, using peach syrup for required liquid. Add climb peach slices, drained and chopped and crisp cooked bacon, crumbled. Spoon into hollowed out green pepper, top with cheese, slice and bake about 30 minutes, at 350 degrees F.

Lemony cling peach halves make a tangy meat accompaniment. Heat peach syrup and grated lemon rind to boiling. Add peach halves and heat through. Serve hot or chilled.

Color and flavor your favorite marinated bean salad recipes with tangy canned cling peach slices. Fold in drained slices before serving.

For unexpected guests whip up this delicious dessert. Fold drained canned fruit cocktail and a little whipped cream into your favorite flavor of packaged pudding. Fill baked and cooled pie shell or individual tart shells. Garnish with slivered almonds.

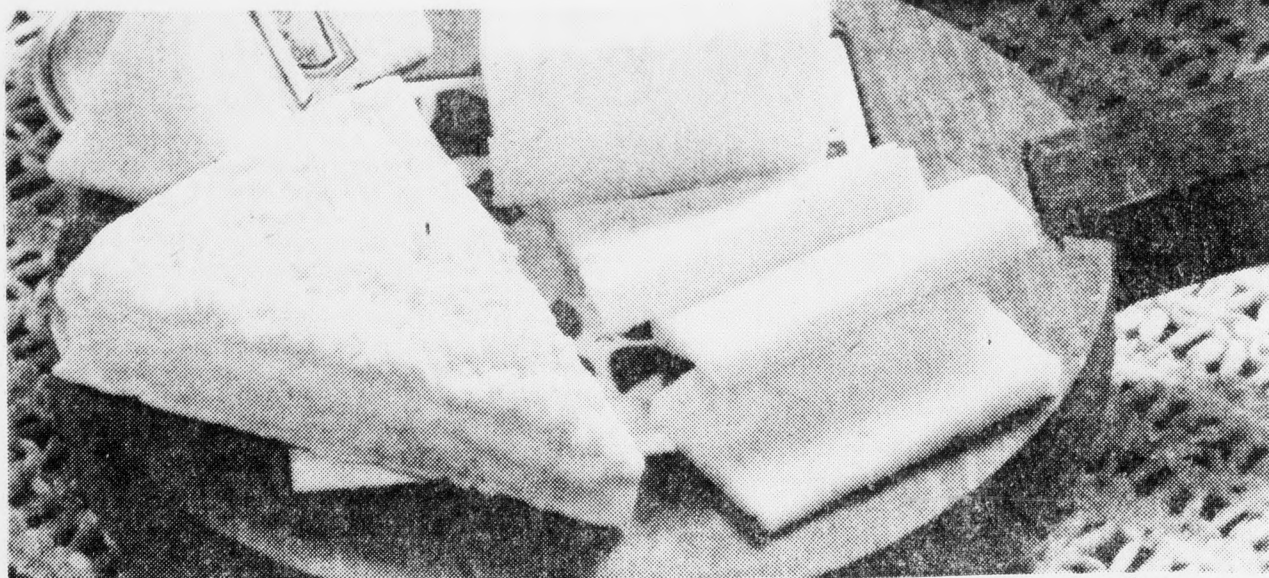
For an easy gourmet dessert, drain one can cling peaches. Turn into a bowl and cover with orange juice mixed with grated orange rind and one tablespoon Cointreau liqueur or sherry. Chill several hours before serving.

$\frac{1}{4}$ teaspoon thyme, crumbled
Trim crusts from bread. Cut each slice into 2 or 3 strips. Combine cheese, butter, pepper and thyme. Spread bread strips with cheese mixture. Place on baking sheet. Broil about 4 inches from heat 1 minute or until lightly browned. Or bake in 425° oven 7 or 8 minutes. Makes 2 dozen ($2\frac{1}{2}$ x 1-inch) pieces.

Hot Chile Cheese Turnovers
12 ounces monterey jack

cheese
 $\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup butter
About 6 tablespoons water
Salsa jalapena (hot red chili relish)
Grate enough cheese to measure $\frac{3}{4}$ cup. Cut remaining cheese into $\frac{1}{2}$ -inch cubes (about 2 cups). Mix flour with salt. Cut in butter, mix in grated cheese. Toss lightly with

enough water to form dough. Roll out on lightly floured surface to $\frac{1}{8}$ -inch thickness. Cut into 3-inch rounds. Place some cheese cubes in center of each round. Spoon about $\frac{1}{2}$ teaspoon salsa jalapena onto each round. Fold pastry over filling into turnover shape. Mositen edge and seal tightly. Bake in 400° oven 15 to 17 minutes or until lightly browned. Serve hot. Makes about 4 dozen.



What is better for any time of the day when the appetite needs a jog than cheese? Serve cheese with crackers or as a spread, or make cheese

puffs or some chile turnovers. Cheese is a universal type of food which just about everyone likes in all the various ways it can be used.

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Then we label each cut clearly and *freshness-date* each package to assure the freshness you want when you buy it.

To help you prepare large roasts and turkey, we insert an *automatic pop-up gauge* that pops up when it's cooked to perfection.

That's why each week more than a million Ralphs customers enjoy Ralphs Meat Master Meats, assured by our *unconditional guarantee* of satisfaction or money refunded that they are receiving the quality and flavor they want at an economical price.

St. Jude Children's Research Hospital

Walk-Bike-A-Thon set

Danny Thomas and community notables, Senator John Tunney, Bram Goldsmith, honorary chairman; John Winnaman, general manager of KLOS radio; and Ken Kirkpatrick representing Jack-In-The-Box Restaurants recently competed in a 100-yard pace race at a picnic to launch the 1975 Walk-Bike-A-Thon campaign for St. Jude Children's Research Hospital. Festivities were held at Mar Vista Recreational Center.

Cheering Thomas and the team were honorary committee members representing some of the major population areas of Los Angeles County: Fred Coulter (New York Life), San Gabriel Valley chairman; Ross Valencia (assistant to Councilman Arthur Snyder), East Los Angeles chairman; Dr. Charles Denova, (Training Director, Northrop Corporation), South Bay Area chairman.

The 1975 Walk-Bike-A-Thon is to

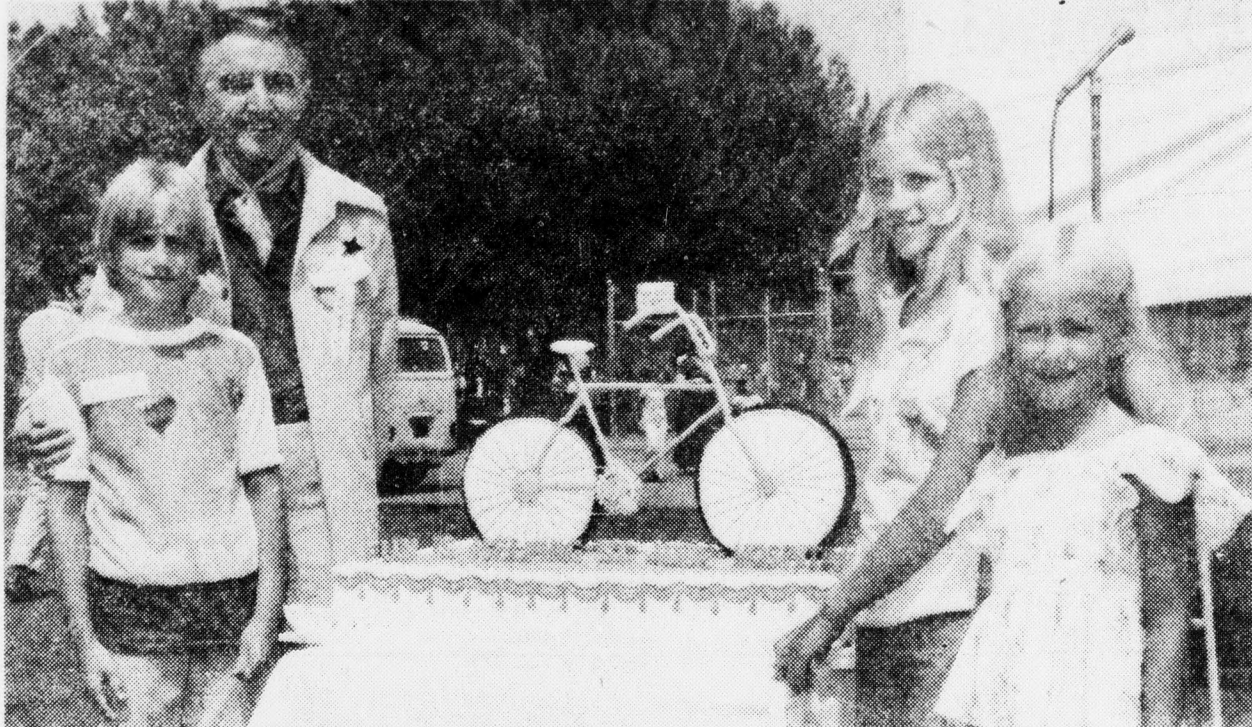
raise funds for the research hospital founded by Thomas 13 years ago in fulfillment of a pledge he made to build a hospital for children stricken with leukemia and other catastrophic diseases. A new seven-story addition to the hospital will open Nov. 21. It will contain five floors of laboratory space and two floors of specially designed rooms for the comfort of its young patients.

In launching the campaign, Thomas spoke of the millions of dollars raised for St. Jude Children's Research Hospital and their families.

"Our success is in direct proportion to the dollars we pour into life saving research," said Thomas, "and it is people like you who make it all happen."

Oct. 26 is the day Thomas, and his honorary chairman, Bram Goldsmith (chairman of the board, City National Bank) will be joined by thousands of young and not so young Southlanders in an all-out, "Fun is Helping" walk and bicycle ride for the research hospital.

Volunteers are still needed in the Pomona-Whitt Valley to act as area chairman and assist in handling all the work necessary to make this fund raising successful. To volunteer contact Ted Crespo, recruitment supervisor, (213) 334-4158 or 747-0384; Rosemarie Christopher, campaign director (213) 274-8453.



FUN IS HELPING — Discussing the 1975 Walk-Bike-A-Thon to be held Oct. 26 as a fund raising campaign for St. Jude Children's Research Hospital with its founder Danny Thomas during a

recent kick-off picnic are Diamond Bar residents (from left) Christie Dawn and Greg Basson. (Photo by Joan Basson)

Right To Life League to conduct programs

The fifth training session for volunteers who staff the local Right To Life-line began Monday. This orientation is to be followed by four additional evenings of instruction given by qualified professional people, to prepare the listeners to give compassionate assistance to girls with problem pregnancies and to give protection to fetal life.

During the first session, slides were shown of fetal development and types of abortions, with tapes narrated by Dr. and Mrs. J. C. Wilke, prominent educators in the pr-life movement.

John Stanley, chairman of the Pomona Valley - West End Right to Life League stated, "In a recent press interview, Dr. and Mrs. Wilke described these slides as being powerful enough to turn the nation completely around on abortion, if they could be shown on prime time network television. They further maintained that knowing what abortion is can turn people from indifference or even pro-abortion position, to opposition."

Dr. and Mrs. Wilke coauthored "Handbook on Abortion," the widely used book that presents the scientific case for the unborn. Dr. Wilke was recently elected vice chairman of the National Right To Life Committee board.

Mrs. Thomas Long of Diamond Bar, Lifeline coordinator, has scheduled the following programs 7:30 - 10 p.m. at The Knights of

Columbus Hall, 1472 W. Holt Ave., Pomona:

— Tonight — Martha Allen, San Bernardino County Department of Adoptions, Ontario, "Alternatives to Abortion, Working With the Natural Parent" plus a film presentation by Tom Gilliam, public relations director for St. Anne's Maternity Home, depicting a girl's experiences at the home.

— Sept. 22 — Rev. Bud Drake, protestant minister and executive director of Community Outreach who also runs a home for unwed mothers, speaking on "How to be Good Listeners."

— Sept. 25 — Joseph Molnar, social worker, director of training at Tri-City Mental Health in Pomona and faculty member of USC graduate school speaking on "Drugs, Suicide and Depression."

— Sept. 29 — Wayne Tolman of the Latter Day Saints Social Services speaking on "Pro-Life Philosophy and Alternatives" along with Juen Fossein, Catholic Social SERVICES, Pomona who will discuss "The Caller - Who She Is."

Mrs. Long said more volunteers are needed for the course. Anyone wanting further information can contact Mrs. Long, (714) 595-5345. Each volunteer will serve a 12-hour shift every two weeks in their home taking calls anonymously from a telephone answering service.

Local Right To Lifeline telephone number is (213) 985-0205.

BLM fees begin

Use fees will be charged at nine campgrounds by the Bureau of Land Management in southern California, it was announced today.

Delmar D. Vail, district manager for the bureau's Riverside office, said an over-night use fee of \$1 will be charged for camping space in seven facilities located in the desert, and two in San Diego County.

The law authorizing use fee collection provides that the collecting agency, after appropriation by Congress, may use these fees to enhance their out-door recreation facilities.

Bicentennial essay contest organized

"Women, Today and Tomorrow," is the theme of the Woman's Day Bicentennial Essay Contest in honor of the 200th birthday of the United States of America.

The contest centers on how much women have contributed to the quality of life in our country over the past two hundred years, and how much they will give to it in the next hundred years, including such questions as: What new responsibilities will women assume? What new personal ambitions will they fulfill? What should we expect of American women? What should they expect of themselves?

For some clues to the destiny of women in the next one hundred years in this country, Woman's Day is inviting not only its readers but all Americans — women and men, girls and boys — to send their thoughts on "Women, Today and Tomorrow."

First prize in the essay contest will be \$1,000 and the new 30-volume Britannica 3 Deluxe edition; second prize is \$500 and the Britannica 3. There will be two third-place prizes of \$100 each and the Britannica 3, and 25 merit awards of the Encyclopaedia Britannica Educational Corporation's Bicentennial Book, The Colonial Spirit of '76.

The entries which are limited to no more than 1,500 words, will be judged by a panel of seven outstanding women. Deadline for entries is Jan. 15, 1976.

FUN FOR EVERYONE!

WE'LL MEET HERE LATER AND SEE THE FREE GRANDSTAND SHOW!

I'M GOIN' TO THE SCHOOL EXHIBIT.

W' I WANNA SEE THE RABBITS!

I DON'T SEEM TO HAVE ANY CHOICE!

I'LL BE IN THE HOME BUILDING.

LOS ANGELES COUNTY fair **SEPT. 12-28** **POMONA**

Wisk off shadow

Women in today's business world often come up against obstacles that are pretty hard to overcome.

You may find that you don't have as much time to take care of yourself, but never forget that in business, appearance still counts, whether you're male or female.

The trick is to find products that work and work fast to make you look your very best. One such product is a familiar old stand-by that can do a lot more for you than you may realize.

Try baby oil when you don't have all night to fuss with makeup removers that are slow-acting and expensive.

Simply pour some gentle baby oil on a cotton puff and whisk off eye makeup in seconds.

Baby oil keeps this delicate area soft while completely removing mascara, eye shadow and liner.

Use a little baby oil, warmed by holding the bottle under hot running tap water, on your hair before shampooing as a quick effective hair conditioner. Leave it on for twenty minutes.

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ASSORTED STONE RINGS

Ladies' Solid Color Knit Shirt
Lovely long sleeve shirt in poly cotton blend. Button front opening. Barrel sleeves. Your choice of rich colors. Junior sizes: S - M - L. **FAMOUS MAKER!** \$12.00 RETAIL VALUE... Now Only \$4.95

Ladies' Acrylic Knit Pants
Double check these pretty pants in 100% acrylic with flare leg — stitched crease. Available in an assortment of colors. Front zip opening. Sizes: S - L. \$12.00 RETAIL VALUES... Now Only \$4.95

BOXED ASSORTED Christmas Cards

PIC 'N' SAVE is FAMOUS for Christmas cards like these each year. And here are the FIRST of the season!

Assorted and Solid Packs of 25 Cards: \$1.50 - \$2.50 RETAIL VALUES 59¢ BOX

DELUXE Solid Packs. Many with color matched envelopes. \$3.50 RETAIL VALUES 79¢ BOX

Patterned Glass Planting Terrariums
Join the latest planting craze! It's easy. It's FUN. And with such bargain prices from PIC 'N' SAVE, it's also inexpensive! Choice of styles.

98¢

Aluminum Pie Pan Colorful Enamel Under-Side
Standard size ready-mix pie pan that bakes beautiful, even, brown crusts. Has flavor saver rim. Your choice of POPPY RED or AVOCADO GREEN.

59¢

7-Piece Salad Set
Dramatic wood grain finish, ebony colored set includes 10 1/2 in. mixing bowl, four individual bowls, plus serving fork and spoon. \$3.00 RETAIL VALUE... Now Only 98¢

98¢

Decorative Chain Beads
Attractive plastic bead chain for cafe curtains, room dividers, doorways, etc. Install easily on bead hanging tape. Many colors.

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Hanging Tape
Covers curtain rod and spaces bead chains evenly. Many designs.

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S-n-a-p Together Plastic Animals
"Revell's" fine collection of wild animals and birds. Easy to put together. Fun to put into groupings. Educational. \$3.00 RETAIL VALUE... Only \$1.29

Hobby Foam Cutter Kit
Fun projects from plastic foam sheets. Makes Christmas decorations, letters, houses, boats, and more! Kit contains cutter, 70 stencils, 12 sheets of foam, colors, glue and brush. \$6.95 RETAIL VALUE... Now Only \$1.98

20 Sheets Hobby Foam
Contains ideas for over 40 projects. \$2.00 RETAIL VALUE **59¢**

MORE WAYS TO CLEAN UP AT PIC 'N' SAVE!

Helping Hands 15 oz. bottle. All purpose cleaner by ALBERTO CULVER. 59¢ RETAIL VALUE	29¢	Hagerty For Bathrooms Cleans and shines tile, chrome, stainless steel, glass. \$1.00 RETAIL VALUE	39¢
Hoover Floor Wax Detergent Resistant. Self Polishing. 1 pint can. \$1.39 RETAIL VALUE	49¢	Bissell Floor Cleaner and Wax Remover. Large 17 oz. spray can. \$1.99 RETAIL VALUE	79¢

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Church News

Upland WCTU

Upland Woman's Christian Temperance Union (WCTU) will hold the first meeting of the 1975-76 year 1-3 p.m. Friday at the home of President Iva Marr, 170 N. 10th Ave., Upland. The 1975-76 theme is spiritual values. Mrs. Marr will present a program on home protection. WCTU business includes reports from the June county executive meeting and the September convention. Christian outreach director Dorcas High will lead devotions.

Foursquare Church

The Rev. Vivian Twyford, pastor of the Upland Foursquare Church, 205 S. Campus St., welcomes Brant Baker of Shekinah Fellowship and his youth team of vocalists and instrumentalists 7:30 p.m. tonight for another of their worship services, including a Bible-deepth message, musical inspiration, and divine healing emphasis in prayer for sick and afflicted. Soloist will be Kelly Green.

The Long Beach-headquartered organization, said Rev. Twyford, this month launches its fifth year of ministry. Brant and his team ensemble ministered earlier this month in two Oregon cities, and last month were head in Las Vegas. Baker is also seen with interviews, testimonies and music each Sunday at 7:30 a.m. and noon on COP-TV, channel 13, and Fridays at 8 p.m. on KLXA-TV, channel 40.

Christian Chapel

With the 200th anniversary of the nation in view, Christian composers Jimmy and Carol Owens have brought forth a new choral demonstration of scriptural principles at work. This dynamic musical was recently presented at the Los Angeles Sports Arena to capacity crowds two nights in a row, under the direction of Jimmy Owens and narrated by Pat Boone. Based on II Chronicles 7:14, the "If My People" musical demonstrates the admonition of God to His people to humble themselves and pray for the healing of their land. It is a gift from the composers to the Christian church, as their contribution to our coming Bicentennial celebration.

The "If My People" singers, directed by John Wold, Pastor of Youth Ministries at The Church on the Way in Van Nuys, will present this new musical 6 p.m. Sunday at Christian Chapel, 1920 S. Grea Canyon Cutoff, Walnut. The public is invited to come and share in this musical experience which seeks to inspire and instruct God's people in this critical hour.

For more information, call the church, (714) 598-1964.

Christ Lutheran

An ongoing effort involving a minimum of 45 participants is slated for Nov. 2-3 at Christ Lutheran Church, 5500 Francis Ave., Chino. Following the first call for commitments to the program, 29 responded. It is believed the balance of participants will respond this Sunday.

For the 8:15 a.m. and 10:45 a.m. services, Dr. A. L. Plueger will speak on Matthew 22:41-46 and the theme, "Whose Son Is He?" Choral music will be featured at both services.

The adult Bible forum, led by the Pastor, will complete the study of "Did Luther Go Far Enough? Too Far?" and begin the study of "How Near Can We Pinpoint Christ's Return?" This and the other classes of Sunday parish school will be held at 9:30 a.m.

New director

The Rev. Monsignor John P. Languille, director of the Catholic Welfare Bureau, announces the appointment of Mary T. Hogan, licensed clinical social worker, as director of region II of Catholic Social Service, a United Way Agency. This region comprises the Foothill area and the San Gabriel and Pomona valleys.

Mrs. Hogan, a native of Massachusetts, received her master's degree in social work from the National Catholic School of Social Service of the Catholic University of America. Prior to coming to California, she worked in casework and administration with the Massachusetts Division of Youth Service and Family Service in Connecticut. She has been with the Catholic Social Service since 1967, as caseworker and supervisor of the Long Beach area and, more recently as project manager of the new Pico Rivera Family Counseling Service administered by Catholic Social Service.

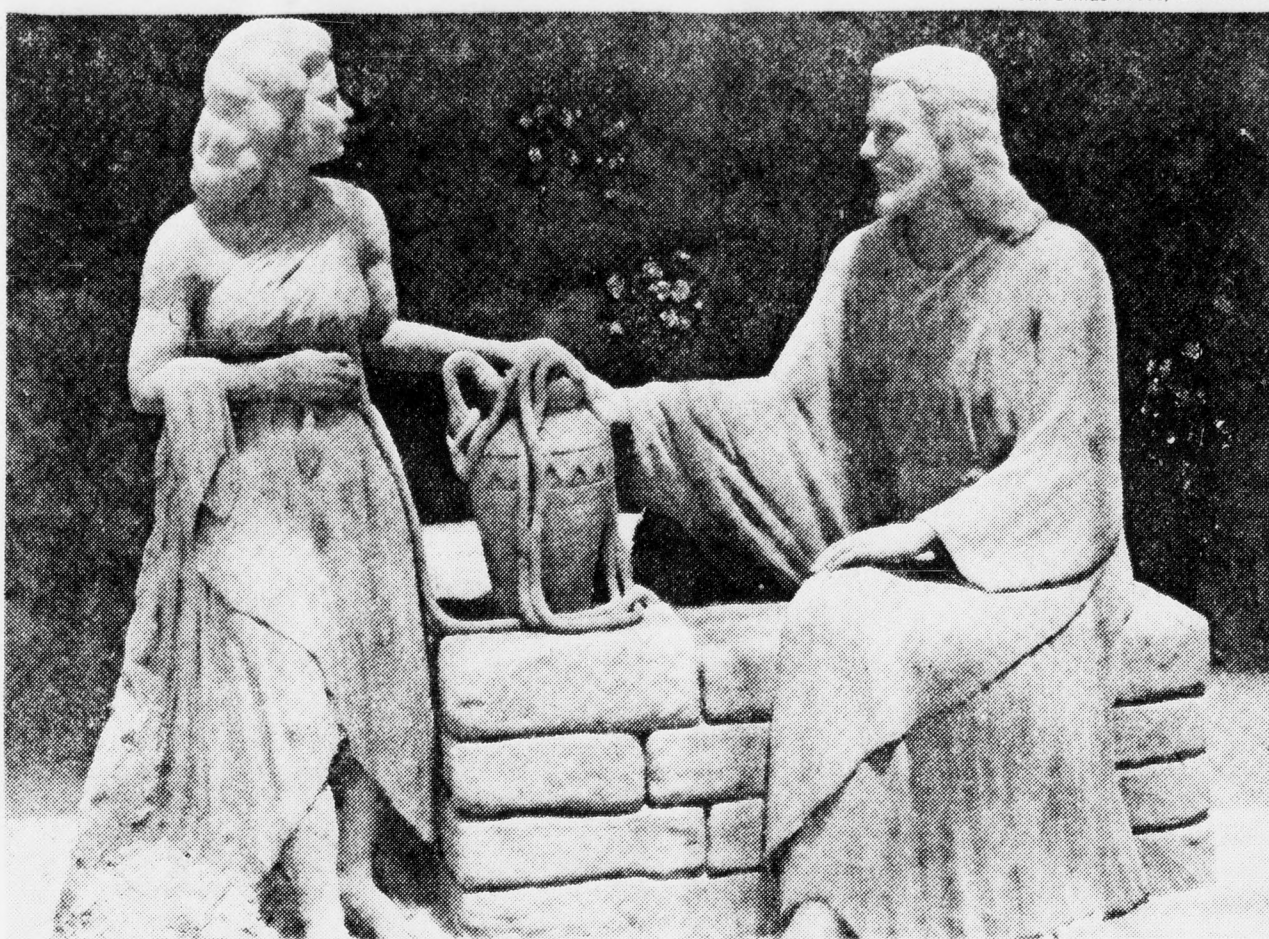
As executive for the area, Mrs. Hogan will be responsible for the over-all program of Catholic Social Service. As the largest voluntarily funded family counseling agency in the western United States, the services including working with marital and parent-child problems, individual personality difficulties, pre-marital counseling, service to unmarried parents, special needs of children as well as environmental problems. Included in the facilities under her direction are the Catholic Social Service offices at 3225 N. Tyler Ave., El Monte, 118 S. Oak Knoll, Pasadena, and 445 N. Garey Ave., Pomona. The Pomona office services this area. The telephone number is (714) 629-1692.

First Baptist

The Rev. Victor R. Gordon will be installed as associate pastor of the First Baptist Church of Ontario 6 p.m. Sunday. Dr. George E. Ladd, noted New Testament scholar and professor at Fuller Theological Seminary in Pasadena, will bring the installation sermon. His theme will be "Is the Gospel Relevant for Today?" Dr. Ladd is the author of some 14 books on Biblical theology and studies. His most recently published works are "I Believe in the Resurrection of Jesus" and "The Theology of the New Testament."

Gordon is a native of Fort Dodge, Iowa, where he attended public schools. He did his undergraduate work at Stanford University and graduated from Fuller Seminary in June of this year. He was ordained as an American Baptist minister by his home church, the First Baptist Church of Fort Dodge, June 22.

Also participating in the service will be Dr. Ralph H. Lightbody, senior minister of the church, and the Rev. Steward McDaniel of Santa Barbara.



SAND ART — Famous sand artist Ted Conibear, who created this statue of Jesus and woman of Samaria and other outstanding biblical scenes throughout the United States and Canada, will speak 6:30 p.m. Saturday at the Covina Seventh

Day Adventist Church, 1067 F. Badillo St., which serves La Verne and San Dimas. While Conibear's wife narrates the story of Calvary, he will sculpture a life-size bust of Christ. The public is invited.

Pomona Valley Council of Churches

Fall skills workshop set

Significant help is being offered to Christian education workers, church school teachers and youth leaders through the Annual Fall Skills Workshop sponsored by the Pomona Valley Council of Churches.

The workshop this year will be held at the Trinity United Methodist Church, 676 N. Gibbs, Pomona Sept. 27, beginning at 8:30 a.m. and concluding at 12:30 p.m.

The schedule is using a slightly different format this year. The workshops will be held in two sessions with a "coffee break" between sessions. The first sessions will begin promptly at 8:30 a.m. and will last 1 1/2 hours. Following the half-hour coffee break, the second session will begin at 10:45 a.m. and conclude at 12:30 p.m.

Several of the courses are planned to extend over the entire morning, filling up both sessions. Courses which fall into this category are: Letting Revelation Reveal, Dr. Vernard Eller, leader; Understanding And Teaching Youth, Dr. Paul Irwin, leader; A Family Cluster Experience, Rev. Alan Pallock, leader; Good Living And Good Learning, Chuck Burns, leader; and Sing For Joy, Lizabelle chwenker and Ruth Zwissler, leaders.

A new option is the possibility of taking two courses in the morning period. This option allows a person to become familiar with two different approaches and techniques. Courses in this category are: Drama In The Local Parish, Dr. John Rice, leader; Worship In Motion,

Rev. Karen Van Hook, leader; Recruiting And Training In The Local Church, Rev. Bruce Finfrock, leader; Literature For The Younger Child, Estelle Nesbit, leader; And Now What Do I Do?, Martha Westfall, leader; The Difficult Child, Vivian Thomas, leader; Bread Sculpture (8:30 a.m. only) and Banner Making (10:45 a.m. only), C. L. Pahl, leader.

A preregistration fee of \$3 per person includes the registration and the mid-morning coffee break. Preregistration fees must be received by Tuesday. After that time the fee will be \$3.50. Child care is available for those needing this service.

The skills workshop is open to all in the Pomona Valley area and it is anticipated that his year's sessions which offer such great variety will bring together an unusually large number of people, said a workshop spokesman.

Registration may be given to one's local church or sent to Marjorie Bond, secretary of Pomona Valley Council of Churches, 17532 N. Park Ave., Pomona, CA 91768, (714) 622-3806.

The workshop is under the direction of the Christian Education Committee of the Pomona Valley Council of Churches which is chaired by the Rev. James K. Thomann, associate pastor of Trinity United Methodist Church, Pomona.

SD church forms three choirs

John Wesley, founder of the Methodist Church,

wrote in 1761, "Above all sing spiritually. Have an eye to God in every word you sing. Aim at pleasing Him more than yourself, or any other creature. In order to do this attend strictly to the sense of what you sing, and see that your heart is not carried away with the sound, but offered to God continually." These lines are found in the preface to Wesley's book, "Sacred Melody."

Wesley continued, "Sing modestly. Do not bawl, so as to be heard above or distinct from the rest of the congregation, that you may not destroy the harmony, but strive to unite your voices together, so as to make one clear melodious sound."

To "sing melodious sounds," children, youth and adults are forming three choirs at San Dimas United Methodist Church: Cherub Choir, Junior Choir and Chancel Choir.

Mrs. Ira D. Morgan, director of music at the church, will direct the adult choir. Mrs. Morgan received her master of education at the University of Southern California. Church organist, Stan Rummel, received a master of religion at the School of Theology at Claremont Graduate School. Rummel is currently a Ph.D. candidate in Old Testament studies at

Claremont Graduate School.

Mrs. Morgan said, "We are looking forward to presenting John Peterson's new Christmas cantata, 'A Song Unending,' during the upcoming holiday season." A get-acquainted barbecue for the choir will be hosted by Dr. and Mrs. Don Toppenberg, Oct. 4.

The following are members of the Chancel Choir: Dianne Branchaud, Dr. Ed Burn, Joyce Burn, Dr. J. Russell Davis, Lois Davis, Sue Drake, Ruth Groendyke, Ruth Hager, Vi Hendricks, Jean Humphrey, Pag Migasi, ra D. Morgan, Roger Nelson, Dr. Don Toppenberg, Connie Welch and Glenn Welch.

Further on in the preface of "Sacred Melody" Wesley stated, "Sing in time. Whatever time is sung be sure to keep with it. Do not run before nor stay behind it, but attend close to the leading voices, and move therewith as exactly as you can, and take care not to sing too slow."

Dr. Ed Burn, pastor said, "We are pleased Lyndel Morgan, senior at San Dimas High School, will lead our Junior Choir as they learn to 'sing in time.'" Mrs. Frank Suddarth, a pianist with many years of training, will accompany this choir.

Rehearsals for the Junior Choir will begin Oct. 5. Grades 3-8 are included. On Oct. 19 the Junior Choir will sing all the responses, lead the congregation in singing, and present the anthem during the morning worship service.

Members of the Junior Choir are: Jodie Branchaud, Elaine Burn, Colleen Colanther, Dana Colanther, Sheri Colanther, Denise Duncan, Julie Duncan, Sheryl Ericson, Keith Hanson, Patti Halgunseth, Brenda Hickok, Penny Jefferson, Kim King, Michele Migasi, Kelly Miller, Terrir Persing, Jaclyn Philhower, Erik Shipcott, Bonnie Shuler, Kim Slabekorn, Jean Cater, Karen Cater, Jim Stewart, Mike Stewart,

Julie Suddarth, Chris Toppenberg, Shawn Turner, Tami Turner, Stephani Wilson and Val Wilson.

John Wesley concludes in "Sacred Melody" that we should "Sing all. See that you join with the congregation as frequently as you can. Let not a slight degree of weakness or weariness hinder you. If it is a cross to you, take it up, and you will find it a blessing."

Mrs. Burn, youth director at the church, suggested in the spirit of "sing all" that a Cherub Choir be formed to include 3 year olds through the second grade. Mrs. Burn will direct this new choir and be accompanied by Dr. Don Toppenberg.

Dr. Burn said, "We invite all to come worship and sing with our fellowship, either in one of our choirs or in the congregation." The subject for his sermon 10 a.m. Sunday will be "God's Ways Are Not Our Ways." Sunday school for all ages is held at 9 a.m. San Dimas United Methodist Church is located at 114 W. Second St.

Ted Conibear

Sand artist to perform

Famous sand artist Ted Conibear, builder of Bible Land, located between Redlands and Calimesa, will present a program 6:30 p.m. Saturday at the Covina Seventh Day Adventist Church, 1067 E. Badillo St. The church serves San Dimas and La Verne. The public is invited.

While his wife narrates the story of Calvary, Conibear will sculpture a life-size bust of Christ. While sculpting, he will sing songs of Calvary, accompanied on the organ by Anna Foss of Covina.

Conibear, a native of Pennsylvania, began his work in Detroit. For nearly 40 years, he has sculptured life-size statues of Bible scenes throughout the United States and Canada. He has a technique all his own. His tools are a teaspoon, paring knife and two artists brushes. He packs the sand (wet) solid, one handful at a time. The sculpture lasts indefinitely when dry.

In addition to new Bible scenes, he is now creating in Bible Land, he is moving statues from his old Bible Land in Temecula to the new site, east of Redlands on Highway 10.

Bible Land when completed will contain the world's greatest reproductions of life-size scenes from Bible history from Genesis to Revelation.

Fred Breit named witness overseer

Fredrick O. Breit has been assigned circuit overseer of California Circuit No. 33, announced John Meyer of the Montclair congregation of Jehovah's Witnesses.

Originally from Indiana, Breit has been in the full-time ministry for the past 23 years, spending nine years at the Watchtower headquarters in New York City, and the last 12 years as a traveling representative of Jehovah's Witnesses throughout the southern states. He is a graduate of Kingdom Ministry School. His wife, Della is a graduate of the Gilead Bible School and served as a missionary in Japan for nine years.

His current assignment includes congregations in Pomona, Ontario, Cucamonga, Claremont, Montclair, Chino, Yorba Linda, Corona, Arlington and La Sierra.

Meyer, explained that Breit, who serves without salary, will aid in training Witnesses for the door-to-door ministry, giving personal counsel on Bible subjects and delivering public Bible lectures throughout the area.

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Maurice Sewell Jr.
PASTOR

Health News . . .

Doctor, Can You Cure My Migraine Headache?

By Dr. W. P. Helzer, D.C.

I've been hearing the above question or statements just like it for as long as I've been a Doctor. I suppose all doctors hear such inquiries.

But I'll tell you one thing: Beware of Bar-gains in life pre-servers and parachutes.

I have always wondered how a practitioner can actually come right up and say he can cure something.

By all professional and ethical standards a doctor is surely remiss if he claims to be able to cure anything. Yet it's apparent that persons afflicted with distressing problems do, in fact, expect literal cure when they seek the doctor's care.

I guess you can say the word cure has been stricken from our vocabulary. We speak rather of the permanent removal of the cause of a problem, or effective solution or of a significant return to health. But I think that in every sense of the word, cure implies a total eradication of the health disturbance with a consequent, absolute return to perfect health.

And I think that ability should only be attributed to God.

Of course, a good doctor addresses himself to a problem with the view that the problem will be totally removed. You must recog-

nize that there is a difference between what one thinks and what one says in this regard. Frankly, I am leery of anyone who claims to be able to cure anything.

Actions speak for themselves and therefore if a doctor were to claim cures he would be, in a sense, trying to talk his patients into believing in his power so that he would not have to effectively demonstrate his ability.

You'll find an odd situation often involving these cure claimers. It always seems they claim they can get the job done quicker and at less cost.

Yet it stands to reason that total cure would either take longer or be worth a much higher fee. If it were simply a matter of snap judgment or snapped fingers.

I am convinced that the ingredients that make up the solution of a health problem are careful and accurate diagnosis, proper and effective treatment, and patient understanding and cooperation.

Bargain-like, speed would render the first two requisites impossible and the talk of a quick cure would render the third impossible.

(Note: Dr. Helzer maintains chiropractic offices at 108 East H Street, Ontario, telephone: 983-1711.) (C) ARS 1975

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Things to see and do in the Southland

Chariot races, a landing party, survival techniques and storytelling are among the Sept. 18-28 activities listed below (subject to change without notice), as compiled by the Automobile Club of Southern California.

Of special interest are Solvang's 39th annual Danish Days; San Diego's 11th annual Cabrillo Festival, and the Annual Colony Days, in Atascadero.

ANAHEIM: The Angels play Minnesota, Sept. 19-20 at 7:30 p.m.; Sept. 21, 1 p.m.; and Chicago, Sept. 22-23, 7:30 p.m. — at Anaheim Stadium.

ATASCADERO: Annual Colony Days, including a dance, pancake breakfast and barbecue (all nominal charge), plus a horse show, gymkhana, band concert and a parade (noon, north on El Camino Real, from San Andreas Ave., Sept.

21); various times and places, Sept. 20-21 (admission free — call 805-466-2585 for details).

AZUSA: Mexican Independence Day Celebration, with children's rides and entertainment; 11 a.m.-6 p.m., at Valleydale County Park, 5525 N. Lark Ellen Ave., Sept. 21 (call 213-334-8020 for details).

BORON (Kern County): 16th annual Twenty Mule Team Days, offering a barbecue (nominal charge), karate demonstrations, a carnival, picnic, pet parade, chariot races, and a parade (10 a.m., along Twenty Mule Team Road, Sept. 20); noon-8 p.m. (Sept. 20) and noon-5 p.m. (Sept. 21), at Community Park, on S. Boron Ave. (free grounds admission).

BUENA PARK: Sixth annual Contemporary Historical Vehicles

National Show, presenting displays of antique cars, trucks, military vehicles and motorcycles (1928-1950 models), a fashion revue (featuring famous movie costumes) and a fireworks display; 10 a.m.-3:30 p.m., in the main parking lot, Knott's Berry Farm, Sept. 20 (admission free).

EAST LOS ANGELES: The Dandelions play Pasadena, Sept. 21 at 1:30 p.m. — at East Los Angeles College stadium, 5357 E. Brooklyn Ave. (paid admission).

FULLERTON: "Making a Revolution," Part III of Alistair Cooke's "America" film series, highlighting the nation's history; 11:30 a.m., 12:30 p.m. (brown baggers welcome both sessions) and 7:30 p.m., at the Fullerton Public Library, 353 W. Commonwealth, Sept. 19 (admission free).

HOLLYWOOD: Third annual Performing Arts Festival, including theatrical and dance productions, films, musical groups, children's plays, mimes, magicians, plus a small book fair and an extensive collection of Chicano artistry; 6 p.m.-midnight (Tues.-Fri.) and noon-midnight (Sat.-Sun.), at Barnsdall Park, 4800 Hollywood Blvd., through Oct. 12 (admission free).

Memories of Vanity Fair, featuring minstrels, mimes, games, a storybook lady and a classic film festival; 11 a.m.-5 p.m., at the Assistance League of Southern California offices, 1370 N. St. Andrews Place, Sept. 21 (paid admission).

INGLEWOOD: The Kings play Vancouver, Sept. 21 at 7 p.m. — at The Forum.

LAKEWOOD: Family Film Night, presenting "Forest Fishermen" and "Many Faces of Spain"; 7:30 p.m., at the Jacoboni Library, 5020 Clark Ave., Sept. 18 (admission free).

LITTLEROCK (Los Angeles County): 14th annual Harvest Festival, including a spaghetti dinner and a parade (4 p.m., north on 82nd St., E. from SR 138); 6-10 p.m., at the Alpine Grange Hall, 8650 E. Ave. T-8, Sept. 20 (paid admission).

LONG BEACH: Championship Motorcycle Ice Racing, featuring motorcycles with spiked tires especially designed for racing on an ice rink; 8 p.m., at the Arena, Sept. 19 (paid admission).

LOS ANGELES: 39th annual Hungarian Press Day Festival, featuring ethnic food, gypsy music, entertainment and folk dancing programs; noon-11 p.m., at the Croatian-American Center, 11623 Budlong Ave., Sept. 21 (adults \$2, children under 14, free).

Second annual Korean Festival, including a seminar, children's and baby contests, a folk song contest and a parade (3

p.m., west on Olympic Blvd., from New Hampshire Ave., Sept. 21); various times and places, Sept. 19-21 (call 213-388-1935 for details).

Chinese Moon Festival, highlighted by dances, songs, drama, art, bonsai exhibits, games and contests, a stage show, lantern-making contest and lantern parade; 3-10 p.m., at the Alpine Recreation Center, Alpine and Yale Sts., Sept. 20 (admission free — call 213-748-6171 for details).

Senior Citizens' Harvest Fair, including games, music, craft exhibits and community services information displays; at Will Rogers County Park, 1335 E. 103rd St., Sept. 24 (call 213-566-8284 for details).

Sixth annual Police-Celebrity Golf Tournament, involving many motion picture, sports and television stars; 7:30 a.m., at the Rancho Park Golf Course, 10460 W. Pico Blvd., Sept. 20 (admission benefits the Los Angeles Police Memorial Foundation).

The Dodgers play Houston, Sept. 26 at 7:30 p.m., and Sept. 27-28, 1:15 p.m. — at Dodger Stadium.

MALIBU: First annual Hang Ten Women's International Professional Surfing Championships, a one-day event (when there's enough surf, through Sept. 25); about 8 a.m., north of the pier (free spectator admission — call 213-592-5862 for starting details).

MISSION VIEJO: Eighth annual Mission Viejo Days, including team sports (volleyball, softball, bridge — through Sept. 20 — at various recreation centers) plus kiddy games, softball finals, a horseshoe tournament, log sawing, hole-in-one contest and a community picnic; noon-5 p.m., at the Mission Viejo Golf Club, Sept. 21 (admission free — call 714-837-8050 for details).

NATIONAL CITY: Eighth annual Spurs 'N Saddle Rodeo, involving 100 cowboys and cowgirls; 8-10 p.m. (Sept. 20) and 6-9 p.m. (Sept. 21), at Kimball Park, 14th St. and D Ave. (paid admission).

PASADENA: Fifth annual international Folk Festival and Ethnic Bazaar, including a Greek party (opening night), Israeli fair, daily folk dance instruction, authentically costumed exhibition groups and continuous entertainment; various hours, at the Pasadena Center, 300 E. Green St., Sept. 19-21 (paid admission — call 213-449-9473 for details).

PASO ROBLES (San Luis Obispo County): Annual Fiesta and Barbecue, celebrating the 178th birthday of Mission San Miguel, with a Fiesta Mass, games, Mexican music, guided tours and a

beefsteak dinner (paid admission, noon-4 p.m.); 10:30 a.m., at the mission, Sept. 21 (admission free).

POMONA: 48th annual Los Angeles County Fair, including a circus, horse racing, grandstand shows, war dance championships,

contests and demonstrations; various times, at the Fairgrounds, McKinley and White Ave., through Sept. 28 (adults \$2, children 6-12, 50¢ — call 714-623-3111 for details).

PORTUGUESE BEND: 18th annual National Horse

Show, featuring dressage competition, an all-junior show and an open show; various times, at the Portuguese Bend Riding Club, 40 Narcissa Drive, Sept. 19-21 (adults \$2, children under 13, \$1 — call 213-377-9020 for details).

REDONDO BEACH: "Wilderness Survival," a lecture series surveying survival techniques for mountain, sea coast, desert and jungle terrain; 7:30-10 p.m. (Wed.,) in the Redondo Union High School

Continued



JAZZ PIANIST — Ralph Sutton, the man Ralph Gleason described as "the greatest exponent today of the two hands and 10 fingers style of jazz piano playing," will appear in the third annual "A Night in New Orleans" at the Wilshire Theater 8:30 p.m. Sept. 20. Tickets are available at Mutual Agencies, Wallachs, Liberty Outlets and Wilshire Ebell box office.

Fontana Mummies to open on new stage

The Fontana Mummies launch their second season and their first in their new quarters at 16256 Foothill Blvd., Fontana, with the comedy, "Norman, Is That You?" opening Friday.

This inaugural performance of the Mummies' lead-off production is by special invitation only, according to director Bill Stice. Invitations were sent to Fontana dignitaries and to those persons who made donations to the theater's construction.

The Mummies' staging of "Norman, Is That You?" set for a four weekend engagement marks the first time, Ron Clark and Sam Bobrick's highly successful "fairy tale" — now in its fourth year in Los Angeles, has been produced in the Inland Empire.

"Norman" concerns the emotional adjustments a dry cleaner must make when he visits New York City and finds out his son is a homosexual.

Heading the cast is Redlands actor Richard "Dick" McCarty as the father Ben Chambers, McCarty who most recently appeared in the Redlands Footlighters production of "Merton of the Movies" last season, is making his debut locally.

The titled character of the play, "Norman" will be played by Steve Foreman who won raves in the Mummies' productions of "A Funny Thing" and "You Can't Take It With You."

In the role of Norman's lover, Stice has cast another experienced performer but a newcomer to the local stage, David Scott-Collett who commutes from Fullerton to play "Garson."

Ann Salpas, a Riverside actress is appearing as Nor-

man's Mother, "Beatrice Chambers." Mrs. Salpas is recreating the role from a previous professional engagement.

Bonnie Hershberger, the only Fontana resident included in the cast, will be seen as a prostitute.

Assisting the director has been Pat Breyman.

"Norman, Is That You?" will be presented Friday and Saturday through Oct. 1. Curtain Time is 8:30 P.M. and reservations may be obtained at 823-7062

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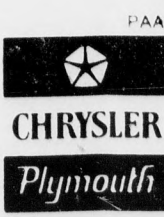
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Ave.—Puddingstone Center

Ninth annual art exhibit is scheduled

The San Bernardino Art Association will conduct its ninth inland exhibition Oct. 12-30 at the fine arts gallery of the National Orange Showground, 693 S. E. St., San Bernardino.

Things to see (concluded)

choral room, Sept. 24-Oct. 15 (series admission \$1.50 — call 213-379-5421 for details).

RIDGECREST: 25th annual Desert Empire Fair, including a carnival, turtle races, children's contests, a horse show and a parade (10 a.m., north to south along China Lake Blvd., Sept. 20);

various times, at the Desert Empire Fairgrounds Park, southeast of Ridgecrest on Richmond Rd., through Sept. 21 (admission 25¢ apiece — call 714-375-8000 for details).

SAN DIEGO: 11th annual Cabrillo Festival, reenacting Cabrillo's historic landing on the west

coast 433 years ago, with flag-raising and commemorative ceremonies, a banquet and dance (nominal charge); various times and places, Sept. 21-28 (admission free — call 714-293-5450 for details).

Festival of Arts, including a U.S. Marine Band concert and dance

(Sept. 19), fireworks (Sept. 20), an organ concert (Sept. 21, at the Organ Pavilion) and an arts and crafts bazaar (Sept. 20-21);

various times, at Plaza del Balboa and Federal Bldg. lawn, Balboa Park (free grounds admission — call 714-236-5984 for details).

Second annual San Diego Unlimited Hydroplane Regatta; qualifying races noon-5 p.m. (Sept. 18-20) and final race 10 a.m. (Sept.

21), off Ski Beach, on E. Vacation Island (free spectator admission but paid parking).

The Padres play Los Angeles, Sept. 22-24 at 7 p.m., and San Francisco, Sept. 25-27, 7 p.m. — at San Diego Stadium.

SAN PEDRO: Fifth annual International Jubilee, featuring performing arts, crafts, folk dances, puppet shows, square dancing, a fireworks

display and soccer finals; 1-10 p.m., at Peck Park, 560 N. Western Ave., Sept. 20-21 (free grounds admission — call 213-328-8636 for details).

SANTA ANA: 1975 Constitution Observance Day Celebration, preceded by a parade (10 a.m., east on Civic Center Drive, from the Municipal Stadium); 11:30 a.m., at the Plaza of Flags, in the Civic Center, Sept. 20 (free spectator

admission). **SAUGUS:** Annual Variety and Talent Show; 8-10 p.m., at Val Verde County Park, 30300 Arlington St., Sept. 20 (admission free).

SOLVANG: 39th annual Danish Days, including a musical play, horse games, the Grand Danish Ball, junior gymnasts, Hans Christian Andersen storytelling, Aebleskive breakfasts, entertainment and a parade (2 p.m., north

on 1st St., from Oak St., Sept. 20); various times and places, Sept. 20-21 (call 805-688-5522 for details).

TULARE: 54th annual Tulare County Fair, featuring a carnival midway, junior fair, high school rodeos, contests, horse shows and a tractor pull; various times, at the Fairgrounds, through Sept. 21 (adults \$1.50, children 6-11, 50¢ — call 209-686-4707 for details).

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Animals are stuffy creatures

Man with a psychedelic zoo

Did you ever see a two-headed, five-legged pink and purple polka dotted turtle?

Pat Christian has. The Sun Valley man handles all merchandising for the Fun Zone at the Los Angeles County Fairgrounds each year.

Thousands of pink and purple polka dotted turtles have been trucked into the fairgrounds this year—all waiting for Fun Zone winners who capture the prized

stuffed animals.

Besides turtles, there will be hippopotamuses, rhinoceroses, dogs, cats, snakes, and on and on, Christian noted.

ABC Merchandising Company in Sun Valley annually stocks the fair with stuffed animals, as well as trinkets and other prizes which are given away at game booths in the Fun Zone.

"The idea of winning a stuffed animal is one of the main attrac-

tions of the Fun Zone," Christian noted.

Each year when the stock arrives at the fair, it is taken from the carrier and bagged, then stored in a truck in the Fun Zone.

When the workers sift through the animals, there is a surprise every once in a while, Christian smiled.

During the past 10 years, has found turtles with their heads on backwards and upside down. There have been hippopotamuses with the

Pop satirists to play Knott's gig

America's pop satirists, Flo and Eddie with The Turtles, will appear Sept. 19 and 20 at Knott's Berry Farm's Good Time Theatre.

Their Friday and Saturday evening performances will include the latest pop/rock sounds as well as their own smash hits: "It Ain't Me Babe," "Elenore" and "Happy Together."

In addition to recording the playing musical soundtracks for movies, the duo's weekly radio show, "Flo and Eddie by the Fireside," airs across the country. And they currently author the "Blind Date" column in Phonograph Record Magazine.

Show times are 8 and 10 p.m. Friday and 6, 8 and 10 p.m. Saturday.

In addition to free celebrity entertainment in the Good Time Theatre, Knott's also offers a choreographed fireworks spectacular and dancing to two live rock bands Friday and Saturday nights.

Winter in Alps

POMONA — It's Christmas in the Alps and a quaint Swiss cottage stands aloft a mountaintop surrounded by snow covered pine trees and beautiful hanging poinsettias. A colorful waterfall cascades into a flower filled meadow below. Garlands and wreaths are strung everywhere and the faint sounds of carols fill the winter air.

This picturesque winter scene is created by the Los Angeles County Fair in its annual Flower and Garden Show. Opening day for the fair is Friday and for 17 days the shows, exhibits

and contests are continuous.

Over 10,000 blooming flowers, including poinsettias, chrysanthemums, daisies, carnations and gladiolas will fill the floral building and the hillside behind. Fifty-two fountains will spout colorful water.

The main building will be transformed into a Swiss village during the Christmas season. The west wing is featuring tropical and shade loving plants, including bonsai exhibits. The east wing will hold colorful floral arrangements entered by feature and amateur designers.



SWEET ADELINES — Peggie Shafer (left), Norma Rampick and Ann Hulshart practice the "Oklahoma" segment from "America Medley" which will be performed by the Pomona Valley

Sweet Adelines Sept. 27 at Ontario High School. Tickets, \$3 and \$3.50, may be purchased at the door or by calling Kit Tournay, (714) 624-2308. (Photo by Peggy Olsen)

SHOP WHERE YOUR DOLLAR BUYS MORE!

PRICES EFFECTIVE FROM SEPT. 18 THRU SEPT. 24

UPLAND'S BLUE RIBBON QUALITY STEERS • ½ BEEF **89¢** LB.
UPLAND'S BLUE RIBBON QUALITY STEERS • FOREQUARTERS **79¢** LB.

NO CHARGE FOR CUTTING OR WRAPPING

ACCEPTED ON MEAT ORDERS OF \$50 OR MORE

ASSORTED BOXES OF PORTION CUT STEAKS • READY FOR YOUR FREEZER

GROUND BEEF PATTIES

79¢ LB. 5 OR 10-LB. BOXES

100% PURE GROUND BEEF **59¢** LB.

JUICY TENDER CUBE STEAKS **\$1.29** LB.

HONEY CREEK CHEESE **89¢** LB.

FRESH SNOW WHITE BEEF TRIPE **19¢** LB.

FRESH TASTY FILLET OF TURBOT **79¢** LB.

TENDER JUICY RIB STEAKS **\$1.19** LB.

SUPER LEAN SHORT RIBS **59¢** LB.

TASTY CHICKEN THIGHS **79¢** LB.

MARHOFFER CANNED 3-LB. PICNIC HAMS **\$3.90** EA.

FRESH SLICED BEEF LIVER **39¢** LB.

BONELESS ROLLED ROAST **\$1.09** LB.

BAR-M ALL MEAT WEINERS **89¢** LB.

BONE-IN JUICY NEW YORK STEAKS **\$1.98** LB.

BEEF FEET **79¢** EA.

LEAN MEATY SPARE RIBS **89¢** LB.

FIRM RIPE TOMATOES **19¢** LB.

WHITE KING CLEANSER **6/\$1.00**

SCHOOL BOY RED DELICIOUS APPLES **19¢** LB.

VALENCIA ORANGES **10¢** LB.

SAL-VITA TACO SAUCE **4/\$1.00**

WHITE ROSE OR RUSSET POTATOES **79¢** LB.

UPLAND MEAT CO. MARKET

1360 CHAFFEE, UPLAND 982-0544
JUST NO. OF RAILROAD TRACKS, WEST OF GROVE

NEW STORE HOURS OCT. 1, 1975
MON.-WED. 9-7, THURS.-SAT. 9-8, SUNDAY 9-5

OPEN DAILY 9 AM - 8 PM
SUNDAY 9 AM - 6 PM

feet on backwards and then there was the two-headed, five-legged pink and purple polka-dotted turtle. Every once in awhile, two stuffed animals are sewn together, he added.

Last year, he got a load of skunks

just before the opening of the fair. The order said they were all going to be black and white, but when the skunks were being unloaded, right there in the center was a purple skunk. But it's almost always a laughing

matter to the humans who discover the unusual in a load of already unusual stuffed pets, Christian noted. The two-headed, five-legged pink and purple polka dotted turtle, like any other mistakes, are sent back to the factory.

CHARLES NASH of
NASH'S

Says . . .

"WHEN IT'S COLD IT'S TOO LATE!"

SERVICE YOUR FURNACE NOW

SERVICE INCLUDES:

1. Cleaning dust from FANS-MOTOR-AND AIR PASSAGES.
2. CLEAN OR CHANGE FILTERS
3. CLEAN PILOT ORIFICES
4. ADJUST FAN LIMIT SWITCH
5. ADJUST BURNER AIR SHUTTERS
6. LUBRICATE AS NEEDED

SAVE ENERGY . . . REDUCE UTILITY BILLS AVOID BREAKDOWNS

Insurance against further bills 'til May 30 available after service.

NASH'S

1030 W. SECOND ST., POMONA

(714) 623-2126

COUPON

\$2.00

GOOD ON ANY HEATING OR FURNACE SERVICE OR MAINTENANCE CALL UNTIL APRIL 15, 1976

limit one coupon per customer during valid period

NASH'S

Air Cond. • Heating • Refrigeration
(213) 339-3714 (714) 623-2126

COUPON

\$15

GOOD TOWARD THE PURCHASE OF ANY FURNACE . . . NEW OR REPLACEMENT UNTIL APRIL 15, 1976

Get our quote first, then apply coupon

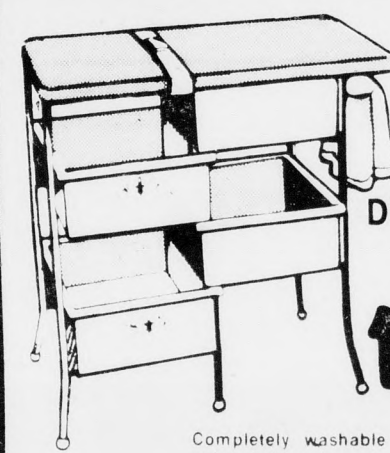
limit one coupon per customer Jobs less than \$150.00 value of coupon is 10% of job -

NASH'S

Air Cond. • Heating • Refrigeration
(213) 339-3714 (714) 623-2126

TOYS 'R' US!

the CHILDREN'S Bargain Town



CENTURY

DELUXE DRESSERETTE

18⁸⁷ EVERYDAY LOW PRICE

Completely washable with 4 unbreakable drawers. Towel bar. Stain and odor proof.

BILT RITE

MESH PLAYARD

18⁹² EVERYDAY LOW PRICE

Soft mesh sides, easy folding. 36 inches square. Sturdy center leg support.

ALL CENTURY AT BIG DISCOUNT

INTERNATIONAL WALKER-BOUNCER



12⁹² EVERYDAY LOW PRICE

Contoured hi-back seat, deep dish play tray, colorful play balls. Chrome plated tubular steel legs.

ALL INTERNATIONAL AT BIG DISCOUNT

INFANSEAT BABY CARRIER



5⁹⁷ EVERYDAY LOW PRICE

Foam pad. Playballs and safety strap. Adjustable positions.

ALL INFANSEAT AT DISCOUNT

TOYS 'R' US HAS EVERYTHING BABY NEEDS EVERYDAY!

WORLD'S BIGGEST TOY SELECTION



KANTWET DELUXE CARE CAR SEAT

27⁹⁷ EVERYDAY LOW PRICE

Polypropylene molded bucket seat, naugahyde covered foam padding, 5-point safety harness.

ALL KANTWET AT BIG DISCOUNT



PETERSON DELUXE HIGH CHAIR

24⁹⁴ EVERYDAY LOW PRICE

Contoured, padded seat and back, wrap around plastic tray. Folds flat.

ALL PETERSON AT BIG DISCOUNT



HEDSTROM L'IL STEELER STROLLER

17⁸⁴ EVERYDAY LOW PRICE

All steel frame, opens quickly, folds easily. Features "posture right" seat.

ALL HEDSTROM AT DISCOUNT



PETERSON DELUXE STROLLER

29⁹⁴ EVERYDAY LOW PRICE

Vacuum form seat, 4-position reclining back. Market basket and safety belt.

ALL PETERSON AT DISCOUNT



PAMPERS OVERNIGHT 12'S..... **.99**

TODDLER 12'S **1.18**

DAYTIME 30'S..... **1.87**

NEWBORN 30'S..... **1.58**

EXTRA ABSORBENT DAYTIME 24'S..... **1.87**

ALL PROCTOR & GAMBLE AT BIG DISCOUNT



JAMY BOOSTER SEAT

5⁹⁷ EVERYDAY LOW PRICE

Padded seat and back, non-skid bottom, one inch vinyl safety strap.

ALL JAMY AT BIG DISCOUNT

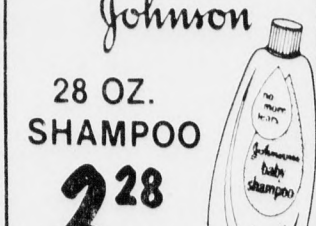


JOHNSON 16 OZ. LOTION **1³⁸**



JOHNSON 24 OZ. POWDER **1⁴⁸**

ALL JOHNSON'S AT BIG DISCOUNT



JOHNSON 28 OZ. SHAMPOO **2²⁸**



JOHNSON 16 OZ. OIL **1¹⁸**

ALL JOHNSON'S AT BIG DISCOUNT

OPEN MON. THROUGH FRI. 10 'TIL 9 SAT. 10'TIL 7 SUN. 11'TIL 6

VAN NUYS 16040 SHERMAN WAY 2 Blocks West Of San Diego Hwy (213) Super 0-5115

COVINA 1261 NO AZUSA AVE. One Block So. Of Arrow Hwy (213) DElight 1-3215

ONTARIO 1317 NO MOUNTAIN AVE. One Block So. Of San Bernardino Hwy (714) YUetide 3-5411

WOODLAND HILLS 6245 TOPANGA CANYON BLVD Across From Topanga Plaza (213) Dimple 6-9751

TORRANCE 21220 HAWTHORNE BLVD. Corner Hawthorne And Torrance (213) FROlic 0-6082

ANAHEIM 2232 SO HARBOR BLVD. Chapman Ave One Mile So. Of Disneyland (714) FROlic 0-6082

ROSEMEAD 3535 ROSEMEAD BLVD. Rosemead Blvd & San Bernardino Hwy (213) Bubbly 8-5223

CERRITOS 11340 E. SOUTH STREET Across From Los Cerritos Center (213) Wacky 4-3419

MISSION BAY 1240 WEST MORENA BLVD At Highways 5 And 8, Next to Levitz Brightness 8-7094

LA MESA 8790 GROSSMONT BOULEVARD At Jackson Dr Exit Off Hwy 8 Hospitality 1-4901

At Cal State Fullerton 'George M!' to open

"George M!" the musical biography about patriotic song and dance man George M. Cohan, will be staged Thursdays-Sundays, Sept. 18-Oct. 5 in California State University, Fullerton's Arena Theater.

The musical traces the life of Cohan from his beginnings as a small-time vaudeville performer with his parents through his rise to national prominence as musical comedy star, playwright and popular songwriter.

It also spotlights Cohan's later years when, after a self-proclaimed exile from the Broadway he loved, he made a successful comeback portraying President Franklin Roosevelt in Rodgers and Hart's famous musical "I'd Rather Be Right."

"Flamboyant patriotism and cocky self-assurance

were trademarks of Cohan's style," noted director Brian J. Wyatt, a graduate student in theater at Cal State.

"He loved to wave the Stars and Stripes in the big production numbers of his musicals," said Wyatt. "Everyone knows 'It's a Grand Old Flag' and 'I'm a Yankee Doodle Dandy,' two of Cohan's biggest hits. These and dozens more are sung and danced in 'George M!', including the immortal theme song of World War I, 'Over There.'"

"Time" magazine hailed "George M!" as "the only musical at which the audiences comes into the theater humming the songs — they are that well loved, enduring and hummable."

Set design for the Cal State production is by S. Todd Muffatti, associate professor of theater, with

costumes by Tom Grubbs, and lighting by Lauri Moorman. All are Fullerton residents.

The cast includes Mark Feiner, Patricia J. Tomey and Cynthia Verdecia, Anaheim; Bill Bergman and Mark Marcum, Brea; Dennis Green, Jim Mooney, Darlene Peck and Mike Taylor, Fullerton; Richard Brennan, Richard Bundy, John Ludin and Keven Worley, Orange; Donna Rose Haines, Rowland Heights; Nina Castelon, Tustin; Georgia Lee Doubledee and Kimberly Lenz, Villa Park; and Bob Rossman and Marlys Strand, Whittier.

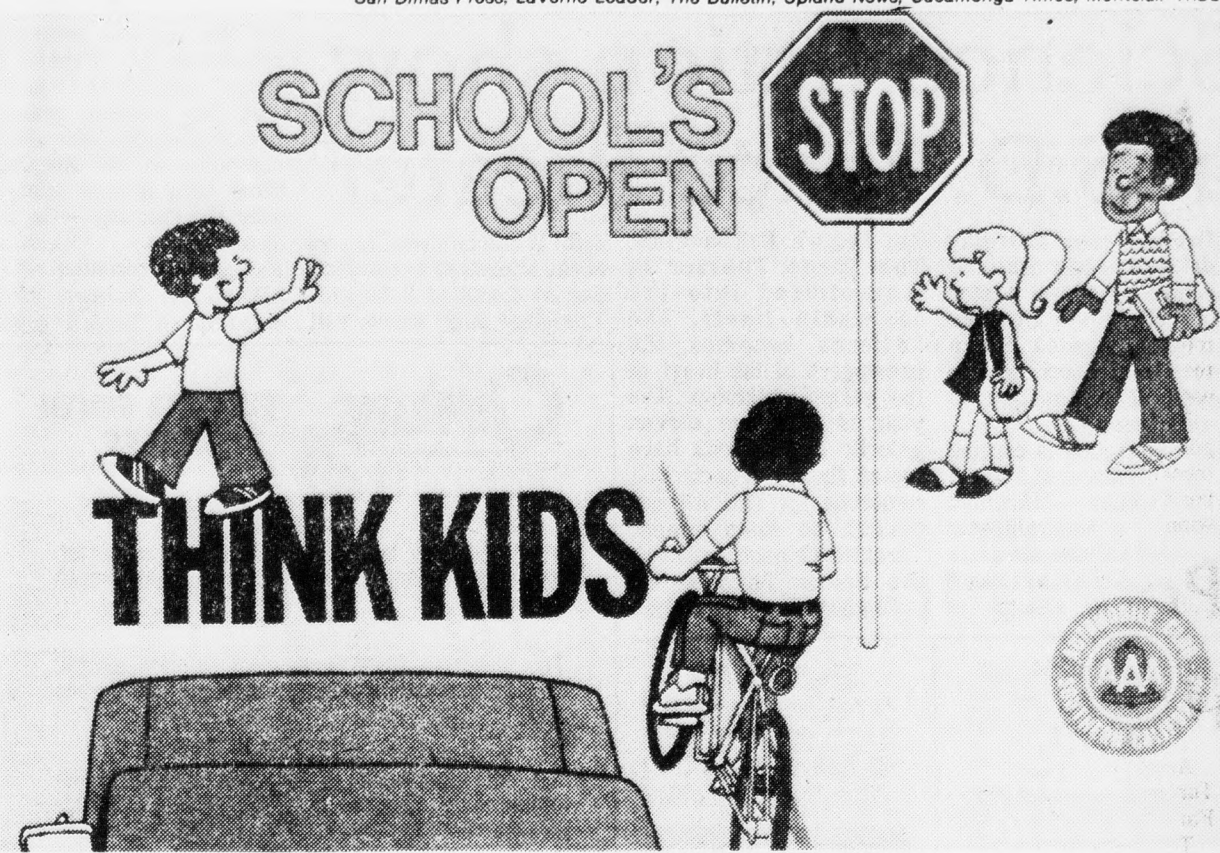
Season tickets for the Theater Department's 1975-76 Bicentennial season are now available at the university.

"The Theater Department spent an entire year

discussing, selecting and balancing hundreds of plays to bring the public a uniquely American season," announced subscription campaign coordinator D. Richard Odle, associate professor of theater.

"Life With Father," the first mainstage feature, opens Oct. 3. It will be followed by the musical "Gypsy," Eugene O'Neill's classic "A Long Day's Journey into Night," "The Skin of Our Teeth" by Thornton Wilder, Arthur Miller's drama "The Crucible," and "Father's Day," Oliver Hailey's contemporary comedy.

Subscriptions may be obtained from the School of the Arts box office on the Cal State campus. For more information, call (714) 870-3371.



SCHOOL'S OPEN — With school starting again, motorists everywhere should "think kids," according to the Automobile Club of Southern

California, particularly when driving on busy residential streets.

PUBLIC NOTICE

NOTICE OF INTENTION TO ENGAGE IN THE SALE OF ALCOHOLIC BEVERAGES
To Whome It May Concern:
Subject to issuance of the license applied for, notice is hereby given that the undersigned proposes to sell alcoholic beverages at the premises, described as follows:
1276 West Seventh St.
Upland, CA 91786
Pursuant to such intention, the undersigned is applying to the Department of Alcoholic Beverage Control for issuance of an alcoholic beverage license (or licenses) for these premises as follows:
ON SALE, GENERAL EATING PLACE & CATERER'S PERMIT
LAWRENCE L. SILER, General Partner
CHARLES O. FRANZ, General Partner
WARREN W. MOORE, General Partner
ROBERT D. TAYLOR, General Partner
Upland News 5138
Publish: Sept. 18, 1975

RESOLUTION AND NOTICE OF INTENTION TO SOLICIT PROPOSALS FOR THE CONSTRUCTION, MAINTENANCE AND OPERATION OF AN EQUESTRIAN CENTER AT FRANK G. BONELLI REGIONAL COUNTY PARK

WHEREAS, the Board of Supervisors of the County of Los Angeles, State of California, has found that the public interest and welfare will be served by the solicitation of proposals for the construction, maintenance and operation of an equestrian center at Frank G. Bonelli Regional County Park.

NOW, THEREFORE, BE IT RESOLVED BY the Board of Supervisors of the County of Los Angeles, State of California, as follows:

1. That it is the intention of the County of Los Angeles, State of California, to acquire the County of Los Angeles, State of California, Facilities Department on the 20th day of October, 1975, prior to 5:00 p.m., in its offices at 780 Hall of Administration, Los Angeles, California 90012, to receive proposals for the construction, maintenance and operation of an equestrian center at Frank G. Bonelli Regional County Park. The purpose of this Resolution and Notice of Intention is not to solicit formal bids, but to request proposals to construct, maintain and operate the facilities described above.

2. Selection of the best responsible proposal will be based upon the following criteria:

a. The ability of the proposer to provide and operate the facilities required by the County.
b. The extent and quality of the development program to be constructed and the services to be provided to the public.
c. The percentage of gross annual income and annual minimum amount to be paid to the County as rent.
d. The financial responsibility of the proposer to construct, maintain and operate the facilities.
e. The lease term proposed.

3. Proposer must have had two years' experience in the operation or management of an equestrian boarding facility which would include operation of a rental string. Proposer also must be capable of operation, scheduling, and management of training rings and the show arena to the extent that the public wishing to utilize these facilities may be competently and adequately served. If proposer shall be a corporation or other form of business partnership, he must guarantee that his actual on-site manager will possess these qualifications.

4. Proposer shall keep the concession open daily, weather permitting, during such hours as required by the Director of Parks and Recreation Department as he deems shall adequately serve the public wishing to utilize this facility. It conditions affecting the operation of this concession periodically change, the said Director and proposer may adjust minimum days and hours of operation by mutual written agreement. However, the said Director's decision in this matter shall be final.

5. The County shall provide the premises as shown on Exhibit "A" to the sample lease and concession agreement provided as part of the proposal package.

6. The proposal package will be on file in the offices of the Facilities Department, 780 Hall of Administration, 500 West Temple Street, Los Angeles, California 90012, and will be made available to any and all prospective proposers prior to the date set by the Board of Supervisors for the submitting of the proposals. Said proposal package contains in detail all of the terms and conditions pertaining to the operation of the facility and all proposers shall be deemed to have notice constructive or otherwise, of said terms and conditions.

7. Proposers must satisfy themselves by personal examination of the location of the property and by such other means as they may prefer as to the conditions and requirements of the operation of the facility.

8. QUALIFICATIONS OF PROPOSERS

Proposers must present evidence indicative of their ability to finance, construct, maintain and operate the required improvements to the satisfaction of the County. To this end, each proposer shall furnish the following information with his sealed proposal:

Financial Statement. — A full and detailed presentation of proposer's assets, liabilities and net worth.

General Business Statement. — A statement of all of the important business activities of proposer's major business life. This statement should emphasize proposer's experience in the construction, maintenance and operation of equestrian facilities.

Business References. — A minimum of five (5) business references giving names, addresses and telephone numbers in each instance.

Personal References. — A minimum of five (5) personal references giving names, addresses and telephone numbers in each instance.

Credit References. — A minimum of five (5) credit or financial references giving names, addresses and telephone numbers in each instance.

General Development Program. — A narrative description of the improvements to be constructed, together with estimated construction costs.

9. The filing of such statements shall constitute permission by the proposer for the County to check, verify and have certified all information contained in such statements. If the County desires, additional information may be requested from the proposer. Failure to comply with any such request may disqualify any proposer from further consideration.

10. Sealed proposals must be filed in the offices of the Facilities Department of the County of Los Angeles, State of California, 780 Hall of Administration, 500 West Temple Street, Los Angeles, California 90012. The final acceptance of any proposal shall be made at any meeting of the County Board of Supervisors within sixty (60) days after receipt by said department of said proposals or such longer period as may be deemed necessary.

11. No oral proposals will be considered by the County Board of Supervisors or the Facilities Department.

12. The Los Angeles County Board of Supervisors reserves the right to reject any and all proposals. In the event the County accepts any proposal, a lease and concession agreement shall be awarded to the person who submits the best proposal, in the sole judgment of the County. The County reserves the right to negotiate with one or more proposers.

13. Each proposal must be accompanied by a Cashier's Check or a check certified by a responsible bank in the amount of \$2,500 as a guarantee proposer will execute the lease and concession agreement if same is awarded to such proposer. This guarantee will be applied toward but shall not be considered a limitation upon any damage which may be sustained by the County if proposer fails to so comply.

The foregoing Resolution was duly and regularly adopted by the Board of Supervisors of the County of Los Angeles, State of California, on the 2nd day of September, 1975.

JAMES S. MIZE, Executive Officer - Clerk of the Board of Supervisors of Los Angeles County, and ex-officio clerk of the governing body of all other special assessment and taxing districts for which said Board so acts.

San Dimas Press 4279
Publish: Sept. 11, 18, 25, Oct. 2, 1975

38831

PUBLIC NOTICE

FICTITIOUS BUSINESS NAME STATEMENT
The following persons are doing business as D & D INVESTMENT CO. 1031 West Foothill Boulevard, Upland, California 91786.
FRANK T. DE SALVO, JR. 2079 North Euclid Avenue, Upland, California 91786.
JACK DOWNEY 1031 West Foothill Blvd., Upland, California 91786.
This business is conducted by a general partnership.
s. FRANK T. DE SALVO, JR. This statement was filed with the County Clerk of San Bernardino County on August 20, 1975.
V. DENNIS WARDLE, County Clerk.
By CATHERINE RODGERS, Deputy.
EXPIRES Dec. 31, 1980
File No. FBN 13220
Upland News 5137
Publish: September 11, 18, 25, October 2, 1975

PUBLIC NOTICE

NOTICE OF JUDICIAL SALE
CASE NO. 163457
Superior Court of the State of California for the County of San Bernardino.
INDUSTRIAL DISCOUNTS, INCORPORATED, a Minnesota corporation, et al. Plaintiffs.
vs.
AR COMMUNICATIONS CORPORATION, a Minnesota corporation, PACIFIC COAST BROADCASTING CORPORATION, a California corporation, et al., Defendants.
NOTICE IS HEREBY GIVEN THAT:
On Wednesday, October 1, 1975 at 10:00 A.M., Gordon Campbell, Commissioner, will sell at public auction to the highest bidder for cash: Payable in lawful money of the United States at the time of sale, or within five (5) days thereof, upon satisfactory showing of the ability to deposit such sum within such five (5) day period, at the front entrance to Radio Station KSOM-AM and KSOM-FM at 8729 East 9th Street, Cucamonga, California, all right, title and interest foreclosed under the judgment entered on August 22, 1975, in the above entitled action, in and to the following property:
That real property situated in the State of California, County of San Bernardino, and commonly known as 8729 East 9th Street, Cucamonga, California, more particularly described in Exhibit A attached hereto and incorporated herein by this reference.

EXHIBIT A
Legal Description of Item 1:
The West one-half of Lot 25, Section 9, Township 1 South, Range 7 West, San Bernardino Base and Meridian, according to Map of Cucamonga Lands, in the County of San Bernardino, State of California, as per plat recorded in Book 4 of Maps, Page 9, Records of said County.

EXCEPTING THEREFROM that portion of said Lot 25 described as follows:

BEGINNING at the Northwest corner of said Lot 25 on the South line of Ninth Street, thence South 305 feet, thence East 108 feet, thence North 125 feet, thence East 123 feet, thence North 180 feet to the South line of Ninth Street, thence West along the South line of Ninth Street to the point of beginning.

EXCEPTING THEREFROM, the North 30 feet, as conveyed to the County of San Bernardino by Deed recorded April 9, 1932, in Book 809, Page 195, Official Records.

ALSO EXCEPTING, the North 33 feet of said Lot 25, as conveyed to the County of San Bernardino, by Deed recorded October 24, 1958, in Book 4638, Page 277, Official Records.

Subject to the Lease more particularly described as Parcel No. 1 above.

Item 2:
All of the assets, subject to liabilities incurred by the Receiver of Radio Station KSOM-AM and KSOM-FM, which assets are located at 8729 East 9th Street, Cucamonga, California.

Such sale shall be made pursuant to the aforementioned judgment entered in the above entitled action. Such sale will be made, without covenant or warranty regarding title, possession or encumbrances, to pay the unpaid judgment sum of \$890,731.46 plus interest thereon at the legal rate, plus fees, charges and expenses of the Commissioner and of the Receiver appointed pursuant to said judgment.

Bids shall be accepted for Items 1 and 2 above both separately and together, at the option of the bidder, and said items shall be sold either separately or together for the highest price attainable in the aggregate.

In the event a bid sufficient to satisfy the judgment amount set forth above, together with interest, fees, costs and expenses, is received, for the sale of Item 2, only Item 2 shall be sold at such sale. Otherwise, both Items 1 and 2 shall be sold. Persons bidding for Items 1 and 2 together shall be requested to set separate prices for Items 1 and 2 for the sole purpose of establishing the redemption price for Item 1. Providing such separate prices shall not obligate the bidder to purchase Item 1 or Item 2 separately if the bid is given for Item 1 and Item 2 together.

Item 2 shall be sold subject to the liabilities and obligations incurred by the Receiver operating Radio Stations KSOM-AM and KSOM-FM from August 21, 1975, which obligations and liabilities shall be assumed by the Purchaser.

The sale of Items 1 and 2, whether made together or separately, shall be contingent on, and shall not become final until, receipt of all necessary approvals from the Federal Communications Commission for the transfer to the Purchaser of Item 2 of the radio station licenses for Radio Stations KSOM-AM and KSOM-FM.

GORDON CAMPBELL, Commissioner
Cucamonga Times 2041
Publish: Sept. 11, 18, 25, 1975

PUBLIC NOTICE

CITY OF MONTCLAIR NOTICE OF PUBLIC HEARINGS
NOTICE IS HEREBY GIVEN that public hearings will be held before the Montclair City Council on Monday, October 6, 1975 at 7:30 p.m. in the Council Chambers of City Hall, 5111 Benito Street, Montclair, California, concerning the proposed ordinances entitled:
"AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF MONTCLAIR, AMENDING SECTION 5-2.201 OF ARTICLE 2 OF CHAPTER 1 OF TITLE 3 OF THE MONTCLAIR MUNICIPAL CODE, RELATING TO LICENSE FEES FOR PROFESSIONS, SEMI-PROFESSIONS, AND SIMILAR BUSINESSES."
"AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF MONTCLAIR, AMENDING SECTION 5-2.201 OF ARTICLE 2 OF CHAPTER 1 OF TITLE 3 OF THE MONTCLAIR MUNICIPAL CODE, RELATING TO THE UNLAWFUL PRACTICE OF THE UNLAW-TELLING-TYPE ACTIVITIES."

Any person interested in the proceedings may appear at the time and place indicated above and testify in favor of or in opposition to the proposed ordinances. All pertinent data may be inspected at the office of the City Clerk any time prior to the public hearings. Dated: September 16, 1975.
GERTRUDE L. HILL, City Clerk
Montclair Tribune 2973
Publish: Sept. 18, 1975

NOTICE OF PROPOSED ABANDONMENT OF HIGHWAY

NOTICE IS HEREBY GIVEN that a petition has been filed with the Board of Supervisors, signed by at least ten freeholders, of whom at least two are residents of the Second Road District of the County of San Bernardino and who are taxable therein for road purposes, petitioning the Board of Supervisors to abandon a highway situated in the Second Road District in the County of San Bernardino, State of California, described as follows, to-wit:

That portion of Church Street, 60.00 foot wide, as said street is shown on MAP OF SUBDIVISION 'B' OF CUCAMONGA VINEYARD TRACT, as per map recorded in Book 20, Page 45 of Maps, in the office of the Recorder of said County, described as follows:

BEGINNING at the Northwest corner of Lot 3 as shown on said MAP OF SUBDIVISION 'B' OF CUCAMONGA VINEYARD TRACT, said corner being a point in the South line of Church Street, 60.00 foot wide, said corner being also a point on the West line of Lot 25, TRACT NO. 7020 as per map recorded in Book 105, Pages 79, 80, and 81 of Maps, records of said County, said point being situated on said West line, South 02° 10' 20" East, a distance of 30.02 feet from the Northwest corner of said Lot 25, thence North 2° 10' 20" West along the Northernly prolongation of the West line of said Lot 3, and along the West line of said Lot 25, a distance of 30.02 feet to an intersection with the center line of said Church Street, being also the North-west corner of said Lot 25, thence North 89° 57' 00" East along said center line, being also the North line of said Lot 25, a distance of 113.64 feet to an intersection with a non-tangent curve concave to the East and having a radius of 70.00 feet, a radial bearing through said point of intersection bears North 64° 40' 21" West, thence North easterly along said curve through an angle of 33° 37' 21", a distance of 41.98 feet, to an intersection with the North line of said Church Street, thence South 89° 57' 00" West, along said North line, a distance of 126.40 feet, to an intersection with the Southeastly right of way line of the PACIFIC ELECTRIC RAILWAY RIGHT OF WAY, 100.00 feet wide as shown on said Map of Subdivision 'B', thence South 41° 23' 20" West (record South 41° 26' 00" West), along said Southeastly right of way line, a distance of 80.04 feet to an intersection with the South line of said Church Street, thence North 89° 57' 00" East along said South line, a distance of 39.82 feet (record 40.01 feet) to the POINT OF BEGINNING.

That said petition has been set for hearing before the Board of Supervisors on Monday, SEPTEMBER 29, 1975, at eleven o'clock A.M. at the chambers of the said Board in the CIVIC CENTER BLDG., 175 WEST FIFTH STREET, San Bernardino, California, at which time all parties interested in said petition will be heard.

Date: September 2, 1975
LEONA RAPPOPORT, Clerk of said Board.
By Esther Hockenbraugh, Deputy.
Cucamonga Times 2042
Publish: September 11, 18, 1975

NOTICE OF TRUSTEE'S SALE

Loan No. HC 7999-2
T.S. No. 2899-25
T. D. SERVICE COMPANY, a corporation, as duly appointed Trustee under the following described deed of trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property hereinafter described:

TRUSTOR: CLYDE KENNETH NOLSE AND MARGARET ALICE NOLSE, husband and wife, as joint tenants.
BENEFICIARY: FIRESIDE THRIFT CO.
Recorded September 27, 1974 as instr. No. 125 in book 8525 page 186 of Official Records in the office of the Recorder of San Bernardino County, said deed of trust describes the following property:

Lot 138, TRACT NO. 4965 in the City of Montclair, County of San Bernardino, State of California, as per plat recorded in Book 57 of Maps, pages 77 to 82, inclusive, records of said County.

EXCEPTING THEREFROM an undivided 1/2 interest in all oil, gas, minerals and hydrocarbon substances lying below a depth of 500 feet from the surface of said land, but without the right of entry upon any portion of the surface of said land for the purpose of exploring for, boring, excavating, drilling, mining, prospecting for, removing or marketing said substances, as contained in deed from Wescler Homes Inc., a corporation, recorded September 13, 1966 in Book 4035, page 590, Official Records.

4771 Orchard Street, Montclair, California.
If a street address or common designation is shown above, no warranty is given as to its completeness or correctness. The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby, heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written notice of breach and of election to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of breach and of election to be Recorded May 23, 1975 as instr. No. 473 in book 8685 page 748, of said Official Records.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, to-wit: \$26,464.09, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located.

TITLE INSURANCE AND TRUST COMPANY as said Trustee.
By KIRK NICHOLSON sr. Authorized Signature
Date: September 4, 1975
La Verne Leader 4824
Publish: Sept. 11, 18, 25, Oct. 2, 1975

NOTICE OF TRUSTEE'S SALE

Loan No. 1-33980D
T.S. No. 1321
On October 21, 1975, at 10:00 A.M., Title Insurance and Trust Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded February 20, 1974, as instr. No. 3792, in book 7866, page 585, of Official Records in the office of the County Recorder of Los Angeles County, California, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) in the City of Montclair, County of San Bernardino, State of California, as per plat recorded in Book 57 of Maps, pages 77 to 82, inclusive, records of said County.

EXCEPTING THEREFROM an undivided 1/2 interest in all oil, gas, minerals and hydrocarbon substances lying below a depth of 500 feet from the surface of said land, but without the right of entry upon any portion of the surface of said land for the purpose of exploring for, boring, excavating, drilling, mining, prospecting for, removing or marketing said substances, as contained in deed from Wescler Homes Inc., a corporation, recorded September 13, 1966 in Book 4035, page 590, Official Records.

4771 Orchard Street, Montclair, California.
If a street address or common designation is shown above, no warranty is given as to its completeness or correctness. The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby, heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written notice of breach and of election to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of breach and of election to be Recorded May 23, 1975 as instr. No. 473 in book 8685 page 748, of said Official Records.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, to-wit: \$26,464.09, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located.

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TITLE INSURANCE AND TRUST COMPANY as said Trustee.
By KIRK NICHOLSON sr. Authorized Signature
Date: September 4, 1975
La Verne Leader 4824
Publish: Sept. 11, 18, 25, Oct. 2, 1975

PUBLIC NOTICE

FORMAL TAX ELECTION NOTICE
NOTICE IS HEREBY GIVEN to the qualified electors of the Upland School District of San Bernardino County, State of California, that an election will be held on the 4th day of November, 1975, in said District at which election there will be submitted the following measure:
Shall there be authorized an increase in the revenue limit per unit of average daily attendance in the amount of Sixty Dollars and No Cents (\$60.00), such increase to be effective in the Upland School District for the school years 1976-77 through 1980-81, the revenues of which are to be used for the purpose of general school maintenance and operation and capital outlay?
This increase would constitute an increase for the school year 1976-77 from approximately Nine Hundred Eighty-two Dollars and No Cents (\$982.00) to approximately One Thousand Forty-two Dollars and No Cents (\$1,042.00) per unit of average daily attendance.
The proposed increase of the revenue limit of \$60.00 per unit of average daily attendance will authorize an increase in the estimated maximum general purpose tax rate of the district in the first year 1976-77 from approximately \$1.27 to approximately \$1.57 for each One Hundred Dollars (\$100) of assessed valuation of property. Said Election shall be consolidated with the General District Election of same date.
DATED this 14th day of August, 1975.
ROY C. HILL, County Superintendent of Schools
By Marilyn Watson, Deputy.
Upland News 5129
Publish: September 11, 18, 25, 1975

NOTICE OF TRUSTEE'S SALE

Loan No. HC 7999-2
T.S. No. 2899-25
T. D. SERVICE COMPANY, a corporation, as duly appointed Trustee under the following described deed of trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property hereinafter described:

TRUSTOR: CLYDE KENNETH NOLSE AND MARGARET ALICE NOLSE, husband and wife, as joint tenants.
BENEFICIARY: FIRESIDE THRIFT CO.
Recorded September 27, 1974 as instr. No. 125 in book 8525 page 186 of Official Records in the office of the Recorder of San Bernardino County, said deed of trust describes the following property:

Lot 138, TRACT NO. 4965 in the City of Montclair, County of San Bernardino, State of California, as per plat recorded in Book 57 of Maps, pages 77 to 82, inclusive, records of said County.

EXCEPTING THEREFROM an undivided 1/2 interest in all oil, gas, minerals and hydrocarbon substances lying below a depth of 500 feet from the surface of said land, but without the right of entry upon any portion of the surface of said land for the purpose of exploring for, boring, excavating, drilling, mining, prospecting for, removing or marketing said substances, as contained in deed from Wescler Homes Inc., a corporation, recorded September 13, 1966 in Book 4035, page 590, Official Records.

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Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, to-wit: \$26,464.09, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located.

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Date: September 4, 1975
La Verne Leader 4824
Publish: Sept. 11, 18, 25, Oct. 2, 1975

NOTICE OF TRUSTEE'S SALE

Loan No. 1-33980D
T.S. No. 1321
On October 21, 1975, at 10:00 A.M., Title Insurance and Trust Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded February 20, 1974, as

Science fiction show at S.D. space theater

Pick up your boarding pass and step aboard "Archive One" — a star ship hurtling into a cosmic whirlpool, headed for a gravitational black hole in search of a passage to another universe!

Science fiction is coming to the Reuben H. Fleet Space Theater — "Archive Project," a programming innovation for the one-of-its-kind planetarium and gigantic dome theater in

San Diego's Balboa Park. The Space Theater is transformed into the spaceship itself, the audience becomes the passengers in the heart of the colossal starship. The year is 2975 and eleven galactic civilizations have pooled their intellects and resources for this all out assault on deep space. "Archive Project" opens at Columbus Day, October

13th! It will be shown at two of the scheduled shows each day at 4 and at 8:30 p.m. The other daily shows will

be the normal program scheduling of "Probes in Space" and "Viva Baja." In this exciting science fiction production the ship's computer — an invisible mind with precise control over the starship — is the spokesman. "Normal Earth mode resonder cel — all Earth beings have entered — biocell alpha

wave check completed — seal the entrance. "Probes in Space" the main attraction at the Space Theater is a "hitchhike" trip on the NASA probes Mariner and Pioneer to the near planets of Mercury, Mars, Venus and Jupiter and reveals the new knowledge man has gained about his nearest

neighbors in space. "Viva Baja" is a giant Omnimax film that takes the viewer on an exciting trip deep into the Baja peninsula. The complete schedule at the Space Theater is as follows: Monday, Tuesday, Wednesday, and Friday — "Probes in Space" and "Viva Baja" at 1, 2:30 and 7:30 p.m. "Archive

Project" at 4 and 8:30 p.m. Thursday "Probes in Space" and "Viva Baja" at 1 and 2:30 p.m.; "Archive Project" at 4 p.m. Saturday "Probes in Space" and "Viva Baja" at 11:30 a.m., 1, 2, 3 and 7:30 p.m. "Archive Project" at 10:30 a.m., 4 and 8:30 p.m. Sunday "Probes in Space" and "Viva Baja" at 12 noon,

1, 2, and 3 p.m. "Archive Project" at 4 p.m. The Space Theater is located on Park Blvd., east side of Balboa Park in San Diego. The only theater like it in the world with the largest dome screen in the Western Hemisphere — a screen that wraps around the viewer so that he feels as if he is part of the action.

Antique Doll House

In top La Verne neighborhood, an antique doll house, only \$23,000. 10 or 20 down will handle it. You must see this home to fully appreciate the charm and beauty. Don't wait. CALL NOW.

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9464 Foothill, Cucamonga

987-8988

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Most desirable loan take over with total payment of \$199. Monthly. Approximate \$13,600. Balance with full price of \$29,720. Excellent investment in 3 Bedroom 2 Bath Home in top family neighborhood. Across from General Dynamics. CALL FOR DETAILS NOW!

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HILL TOP

For those who seek security, privacy and beauty, we have this unbelievable home in the valley. Most exclusive Mountain top setting. Truly a most unusual pool and retreat. Central air, electronic filtration and privacy. Privacy, privacy. No. 1233.

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SALE PRICED

Below market at \$17,500 this is a real opportunity to have your own 3 bedroom home at super LOW COST. Good neighbor-hood, near a lovely park. NO Down — terms with payments less than rent. CALL NOW! 1232

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DIRTY BIRD

Super opportunity to take over LOW interest loan with small down payment. Home needs modern up, and repair. But is modern 3 bedroom 2 bath home, near Foothill. If you're looking for a bargain then come look here No. 1235.

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Executive Estate

Located high in the secure privacy of Mountain Springs Estate, we offer for your inspection this remarkable home. Only 12 years old in this gated and secure community, or a choice 1.3 acre site overlooking the Valley's finest private estate area. Truly custom designed through-out for the most discriminating only. You have available in our office, a (2) panel list of design features and specifications. Stop in or call, as this outstanding property may be shown by advance appointment only. Priced at \$72,000. 1239

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GRACIOUS

Spacious Living NEW LISTING: Your family will truly enjoy this lovely 4 bedroom home that is in SHOW PLACE condition. It has family room, den, dining room & central air conditioning. Enjoy outdoor living with a covered patio & pool with pool heater. Choice NW Upland schools. Priced at \$65,900.

Calif. Preferred Properties

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Century 21

Spanish

Courtyard Entry. Exclusive custom built Spanish with old world charm. Located on wide, tree-lined street. Truly a prestige location. Spanish tile roof, large arched windows with wrought iron grills. Off alley space for camper & boat. A wise investment for only \$58,000.

Calif. Preferred Properties

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Century 21

Gorgeous Condo

In almost like-new condition: features beautiful carpeting, wood-beamed cathedral ceilings, 2 bedroom closets that are mirrored. Washer and dryer included with the condo. Central-air conditioning. Use of community pool. Is vacant so quick possession is available \$24,950.

Calif. Preferred Properties

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Century 21

DECORATOR'S CASA

In prestigious NW Ontario. This 3 bedroom home has been exquisitely decorated in light colors. Large living room features arched Spanish window, beamed ceiling & fireplace. Entertain in separate dining room and a breakfast room for your convenience. Central air conditioning. Located on wide, tree-lined street and Hawthorne School District. \$58,500.

Calif. Preferred Properties

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Century 21

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\$34,500.

Three bedrooms, family room, wood floors, corner lot, excellent location, dough boy pool, and much much more.

\$44,500.

Four bedrooms, 15x25 family room, fireplace, electric built-ins in convenient kitchen, shake roof, dough-boy pool.

\$52,900.

RELAX in this peaceful setting, huge family room with beam ceilings, fireplace, formal living room with magnificent view of valley. 1700 sq. ft. custom built.

\$39,900.

JUST LISTED in NORTHWEST UPLAND, corner lot, with nice four bedroom home, cathedral ceilings, fireplace, central air conditioning, room for pool. must see this.

\$57,500.

PRICE REDUCED on this 3/4 Acre ranchette, MODERN two year old home features, four bedrooms, family room with fireplace, large ranch style kitchen, with all built-ins, forced Air and CENTRAL AIR CONDITIONING.

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Quality split level 3100 sq. ft. 3 Bedroom home in San Antonio Heights. 20'x40' game room and a large country kitchen with built-ins. Beautifully designed floor plan affords fantastic view of the valley below. 1/2 acre lot with well planned fruit orchard.

\$74,000

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OPEN HOUSE

SUNDAY 1 TO 5 P.M.

7880 JADEITE, CUCAMONGA

4 bedroom, 1 1/4 bath home approximately 3 years old. 1600 sq. ft., built-ins, dishwasher, drapes and carpets. Partly landscaped with work needed in backyard. All terms. Must sell!

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NEWLY LISTED

Attractive 3 bedroom 1 1/2 bath custom home in prime Ontario location. Nicely landscaped with oversized 600 sq. ft. garage to alley. Near schools & ready to move into.

\$33,000

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GOOD AREA

3 bedroom, separate dining room home in good family area. 1600 sq. ft., fenced and landscaped. A good buy on today's market.

\$32,500

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STOP! ACT NOW!

...saving rent receipts... building equity and get some welcome tax breaks.

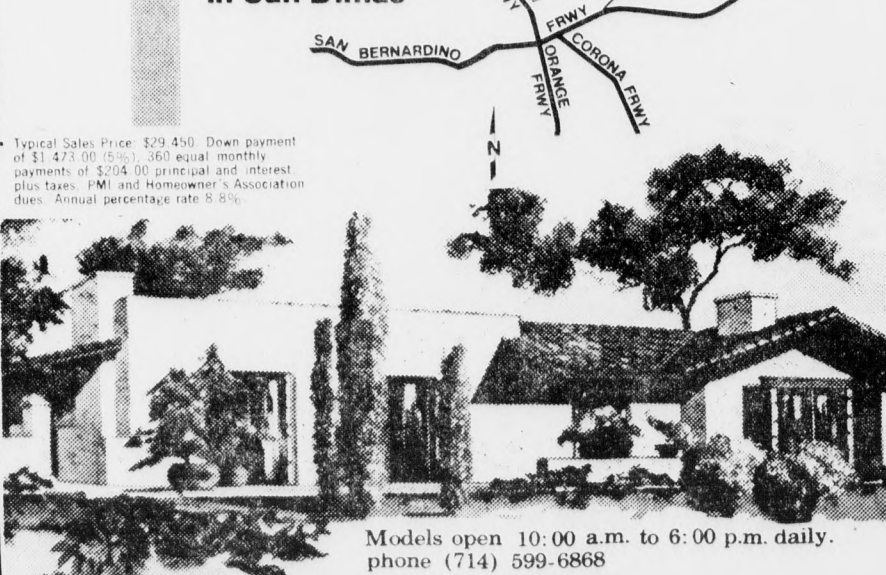
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- Many Extras YOU DON'T PAY EXTRA FOR!

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4 bedrooms or 3 bedrooms and den. Huge 24x14 family room. Covered patio and built-in Do-Boy Pool. Used brick fireplace. Just listed and priced to sell. FHA & VA terms. Only \$29,000. (L)

SQUEAKY CLEAN

Above Foothill, beauty with 3 bedrooms, 1 1/4 baths, 2 A/C units & covered patio. New listing — won't last — Hurry! FHA, VA terms. \$24,000 (C)

UPLAND

Above Foothill, 3 bedrooms, sunken family room with fireplace. Free standing R/O, air cond. in wall. Another new listing. Only \$31,500 (3)

SUPER SHARPI

NW Ontario, 3 bedroom, 2 baths, built-in R/O and dishwasher. Used brick fireplace and screened in covered patio. A fantastic buy at only \$41,500 (H)

CUCAMONGA

HEMBREE REALTY

The "A" frame on Foothill

8746 Foothill

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Sharp - Neat 3 bdrm, 1 1/4 bath, with fam. rm., fireplace, FA Heat - fenced corrals, hay shed, Etc. a must to see at \$53,500.

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Large 4 bdrm., 1 1/4 bath with fam. rm. & extra sharp an excellent location with many fruit trees - Call for details. Price \$42,000. FHA & VA terms.

FUN IN THE SUN

A Sharp well located 3 bdrm., 1 1/4 bath with hwdw flrs, forced air heat & beautiful pool priced at \$33,000 with FHA & VA terms.

4 BDRMR

Excellent location - close to schls & shopping, FA heat - water cooler, brand new carpeting to choose from price reduced to \$27,900.

ALTA LOMA

HANSON REALTY

8649 Baseline Rd.

987-1704

WOW WEE!

Sharp 3 bedroom, 2 bath home, completely repainted outside and 70 yards of new carpet over hardwood floors. Quiet street in one of Montclair's best areas. Don't delay, call today. Only \$25,000. FHA/VA.

BEST N.W.

Super sharp, 3 bedroom home with hardwood floors, fireplace. Formal dining room and lots more—Only \$34,000. FHA/VA.

23 ACRES

Prime A-1 land located three blocks from freeway off-ramp, near beautiful Ontario National Golf Course. Asking \$250,000.

NEAR NEW-CUCA.

Check this lovely custom built 2 bdrm. one year old home that has lots of extras. Super large lot. All for only \$25,000. Low down FHA- No down VA.

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In NW Upland w/den, family room, dining room, central air. Pool w/heater. Priced at \$65,900.

NEARLY NEW

C & L 4 bdrm. home. Slumpstone fireplace in living room, freshly painted. Central air. Patio. \$32,950.

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Or for retired. Charming cutie w/23 ft. vine-cvd patio. Located on shady, tree-lined street. Close to shopping. Formal dining room, 3 spacious bedrooms. Just \$29,500.

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Charming duplex. Screened in porches. Large trees. Place for small garden. Excellent income property. \$31,500.

UPLAND

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The car was designed by the man who brought you the Ferrari and the \$70,000 Rolls-Royce.

The price was designed by the people who bring you Fiat.



The 124 Spider

FIAT

A lot of car. Not a lot of money.

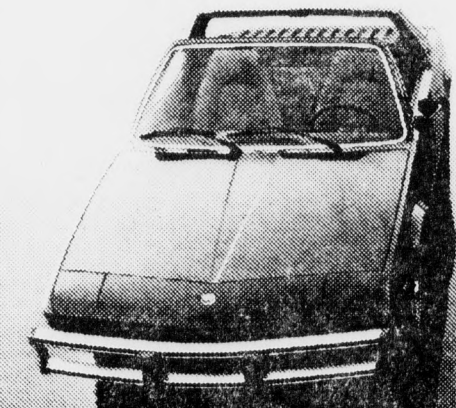
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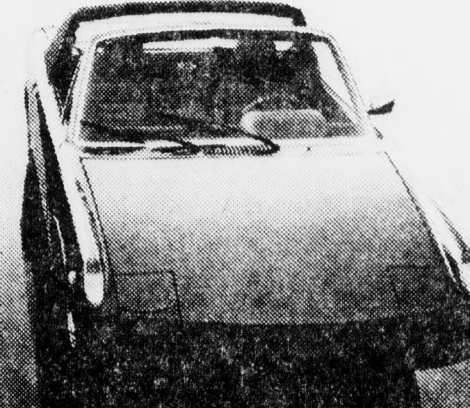
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The Fiat X1/9 and the Porsche 914 are both mid-engine cars. They both have pop-up headlights, four-wheel disc brakes, integral roll bars, removable roofs, independent four-wheel suspension, and the same number of cylinders. Yet, for all their similarities, the mid-engine Fiat X1/9 costs about \$1700 less

than the mid-engine Porsche 914. Now we're not saying they're exactly the same car. But the \$1700 might be the biggest difference between them.

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V-8. Very clean! (07/EHT)

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items. Can start part time. Age or
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National Wildlife Federation

Bald eagle project launched

The National Wildlife Federation has launched a Bicentennial project designed to help save the American bald eagle from extinction.

The three-year project, announced by Thomas L. Kimball, executive vice president of the conservation organization, calls for the establishment of a computerized eagle data bank at NWF's Washington headquarters.

"Information that may be vital to the survival of the eagle, our national symbol, is now scattered in libraries and laboratories across the nation," Kimball said.

Mosquito has useful role too

If any proof is needed that every living creature plays a useful role in nature, a Utah scientist is about to supply it, according to the National Wildlife Federation.

Dr. Lewis Nielsen of the University of Utah is collecting evidence to prove that if it were not for the lowly mosquito, much despised by man, some of our most beautiful wildflowers would vanish. Male mosquitoes, like bees, feed on the nectar of flowers. "What we're trying to show," Nielsen said, "is that as the mosquitoes fly from flower to flower they also pollinate the blossoms and enable the flowers to reproduce."

Nielsen, an entomologist, concedes that mosquitoes are not as important as bees but believes they pollinate some tiny flowers that bees ignore, such as Forget-Me-Nots. The pesky insects also

Careers in photo field told

Are you interested in a Federal career in photography in Arizona, California or Nevada? If so, you should apply now. The U.S. Civil Service Commission announced that it will accept applications for photographers for GS-5 and 7 level jobs until Sept. 24 and thereafter only in the months of February and August.

There is no written test to be taken. Applicants will be rated on the quality of their knowledge, skills and abilities in photographic work. Starting salaries range from \$8,500 to \$10,520 per year.

Application forms and more information can be obtained by contacting the Federal Job Information Center at 380 W. Court St., San Bernardino. Or call toll-free on 1-800-472-5691, or 383-5783.

Book deals with morals

CLAREMONT — The moral decay of America is the subject of a new book co-authored by political scientists George C. S. Benson and Thomas S. Engeman of Claremont Men's College.

The book, entitled "Amoral America," is a comprehensive and documented study on crime, corruption and ethics in the United States.

The book, published this month by Hoover Institution Press at Stanford University, is believed to be the first serious effort to appraise all the sources of the ethical attitudes of a modern nation.

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"Pesticide effects discovered in a laboratory on the east coast may never come to the attention of a scientist studying the same bird in the Pacific northwest."

The National Wildlife Federation decided there was an "imperative need" for a one-stop clearinghouse of eagle information. Kimball added, after it turned 1,100 acres of South Dakota land over to the federal government for an eagle refuge last December.

The new NWF data bank, utilizing both microfilm and computer information retrieval systems, will be

created with the aid of an \$85,000 grant from the Exxon Company, U.S.A., of Houston, Tex. It will be directed by an ornithologist who will join the NWF staff on a permanent basis.

One of the first tasks of the data bank, Kimball said, will be to pinpoint all eagle nesting and roosting sites in the "lower 48" states, with a view to acquiring and protecting some of them from further human encroachment.

Bald eagles were once found all across the United States. There are still an estimated 6,000 of them in sparsely-settled Alaska, but in the contiguous states their number has been reduced to about 2,000 northern bald eagles and only about 600 southern bald eagles. The northern bald eagle has been placed on the U.S. endangered species list.

Until 1940, when Congress outlawed the killing of eagles, many were shot by farmers and ranchers as predators. Since then their

population has been cut down largely by destruction of habitat and by pesticides entering their food chain. By 1973 only eight states — Virginia, Maryland, Wisconsin, Florida, Michigan, Minnesota, Oregon and Washington — had more than 25 nests.

"Eagles just aren't very tolerant of man," Kimball pointed out. "If they are to survive, we are going to have to make some accommodations. By collecting everything that is known about how and where they live and making it available to experts in and out of government, we should be able to preserve this bird that is so much a part of our national tradition."

In addition to the \$85,000 Exxon grant, payable over a three-year period, the project will have at its disposal \$37,785 in funds for eagle research. This money was dropped in collection boxes — mostly in small coins — at some 5,200 7-Eleven Food Stores during last year's "Save a Living

Thing" campaign to acquire the 1,100-acre eagle sanctuary in South Dakota.

That land was purchased with \$200,000 advanced by 7-Eleven's parent firm, the Southland Corporation, of Dallas, Texas, which contributed one cent for each of more than 20 million soft drinks it sold during the campaign.

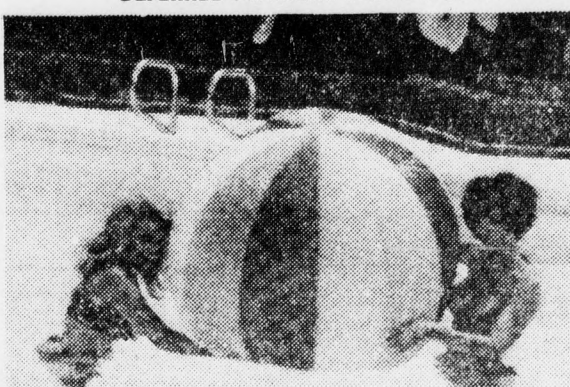
Besides raising money for the eagle refuge, now run by the U.S. Fish and Wildlife Service, the NWF has since 1971 demonstrated its concern for the eagle by offering a \$500 reward for information leading to the conviction of any person shooting an eagle. Five rewards have been paid.

The term "bald eagle" is a misnomer for the bird the Continental Congress adopted as the national symbol in 1782k. Actually, its head is covered with white feathers which, in the sun, sometimes give it a bald appearance.

The northern species has a wingspan of from six to eight feet.

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